Woman's Own

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See p6

# Nadia MARRIAGE STRUGGLES

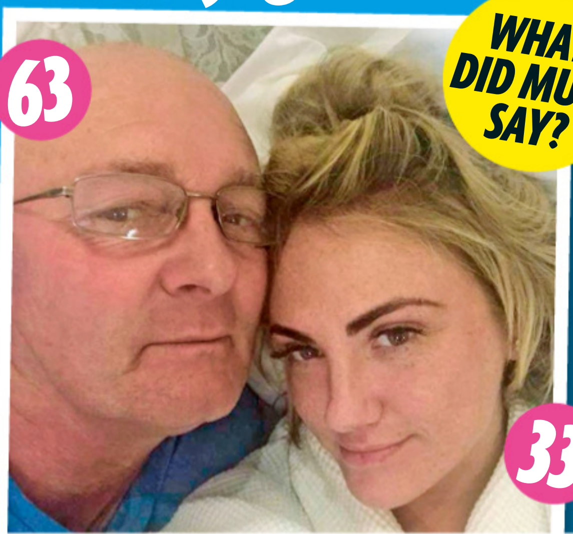
- * Shock accusations
- * Fighting to stay together

MORE ROYAL DRAMA

## WHAT IS THE TRUTH MEGHAN?

## Tasty TREATS from the Hairy Bikers

## HE'S MY LOVER not my grandad!



WHAT DID MUM SAY?

## Are you as HEALTHY as you think?

TAKE THE TEST

NEW! NEW! NEW!

## BEST BUYS this week

FROM £5.75

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# If you or a loved one has suffered from **pressure sores,** you need to read this…

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For anyone with restricted mobility, pressure sores are an ever-present danger.

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## Your right to consider compensation

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## Contact us for FREE help and advice

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We are specialists in this field, there is no obligation. Your discussion will be absolutely free and confidential.

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# What's inside

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PAY LESS THAN IN THE SHOPS!

**10** Our must-buy picks this week

**32** Delicious bakes from the Hairy Bikers

**8** Nadia opens up about her marriage

## WELCOME!

I usually like to keep my letter light and maybe throw in the odd sausage joke, but this week there's something too important not to mention, and that's the fact that 7,400 women are diagnosed with ovarian cancer each year in the UK. Eleven women die from it every single day. That's 11 families every day left grieving a loved one, and countless lives changed forever. On p18 we speak to Claire, who survived the cruel disease, and Natalie, whose sister Leanne died aged just 39. Their stories serve as a reminder that if you have any symptoms you're worried about, get them checked out. There's a list on the page, and they include bloating, tenderness and reduced appetite, but there are plenty of others, too. Early diagnosis really can make all the difference – and save so many from the heartbreak of having to say goodbye to someone they love.

**KIRA AGASS, EDITOR**

Woman's Own
HEALTH & BEAUTY
SAVE £10
Lorraine
'MY ENERGY SECRET'
She's found it – so can you!
DROP A DECADE!
ADHD AT 42
SLEEP CLINIC

**The *Woman's Own* Health & Beauty Special is on sale NOW!**

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COVER PHOTOS: ALAMY, ANDREW HAYES-WATKINS, GETTY, HOTSPOT MEDIA, SHUTTERSTOCK

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# Get the GOSS!

## Your round-up of this week's biggest showbiz stories

# RECOLLECTIONS *REALLY* DO VARY…

Just last week, *Woman's Own* revealed inconsistencies in the Duchess of Sussex's claims that she didn't know much about the Royal Family before meeting Prince Harry, back in July 2016. And now it seems Meghan's truth has unravelled even further.

Quotes from the 41-year-old mum-of-two's 2021 bombshell interview with Oprah Winfrey have resurfaced, showing the duchess claimed to have been good pals with Harry's cousin Princess Eugenie, 32, before she met her future beau. They had a mutual friend – fashion designer Misha Nonoo. Meghan boasted to Oprah, 'Eugenie and I had known each other before I had known Harry, so that was comfortable. We're friends with them [Eugenie and husband Jack Brooksbank] as a couple.' This seems to counter her claims made in the same interview that she knew hardly anything – and had never so much as googled – the Royal Family prior to meeting Harry, 38.

The revelation comes after a blog post from Meg's now defunct website, The Tig, emerged, appearing to show Meghan take aim at the 'endless conversation' about future sister-in-law Kate before her own royal wedding. On top of that, the fact that a photo of Meghan taken outside Buckingham Palace aged 15 emerged before Harry and Meg's 2018 nuptials, and that a former friend claimed the duchess was 'fascinated by the Royal Family', it seems Meghan may have known more about her future in-laws than she's been letting on.

**Princess Eugenie and husband Jack Brooksbank**

***That* Oprah interview**

WORDS: ARIANA LONGSON, ANNA MATHESON. PHOTOS: ALAMY, GETTY, HARPO PRODUCTIONS/ITV. INSTAGRAM @DAVIDBECKHAM, @MADELEYCHLOE, @REESEWITHERSPOON, @LINDAROBSON58, @STACEYSOLOMON, KEN MCKAY/ITV/SHUTTERSTOCK

## BROODY STACEY

**She may have described herself as exhausted from night feeds with new baby Belle, but it seems *Loose Women*'s Stacey Solomon could already be broody for her sixth baby. The 33-year-old – who shares Belle as well as Rex, three, and Rose, 17-months, with hubby Joe Swash, 41, and has children Zachary, 14, and Leighton, 10, from previous relationships – is reportedly considering another tot. A source said, 'Stacey knows people will think she's mad for even thinking this, but having her fifth child has only made her more broody.' Joe, on the other hand, is not thought to be on the same page. The source added, 'Stacey has reassured him that if – and that's a big if – they did have another baby, it would only bring them closer.'**

**Stacey just loves being a mum**

Jayne would love to see Becks' double axel

## Becks ON ICE?

**During a chat with Lorraine Kelly, *Dancing on Ice* judge Jayne Torvill revealed the celebrity she'd love to compete on the show – and we couldn't agree more! The 65-year-old Olympic champion admitted, 'I always say, David Beckham.' Presenter Lorraine, 63, agreed, explaining that she thought the former England captain, 47, would do well on the show. 'He'd be good actually, I think so because he's a sportsman. He will be competitive and want to do it properly.' We're just imagining Becks donning Lycra...**

## JOSIE'S FEARS

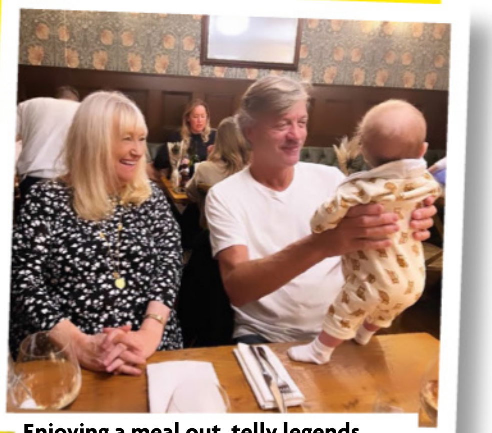
**After winning the 11th series of *Big Brother* with a landslide 77.5% of the public vote, Josie Gibson became a household name. And now, as a *This Morning* regular, she's at the height of her career, but that doesn't stop the star from feeling the pressure. The 38-year-old revealed her fears after she was rumoured to be in the running to host the reboot of the show that catapulted her to fame. Josie admitted, 'Oh my God, that's a massive, massive gig.' She joked, 'Could I be trusted? I don't know? With an accent like this...' Josie added, 'I absolutely idolised the show but it's quite daunting'. Our vote's with you, Josie!**

Could Josie be back in the house?

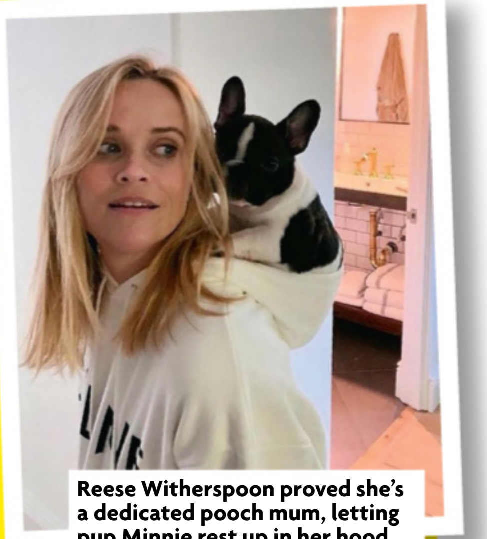
## What's going on with Alison?

Fans thought that wedding bells were on the horizon for *This Morning*'s Alison Hammond after her boyfriend's dad revealed, 'I do know they have both proposed to one another but there are no rings that I know of... What I do know is that when it [a wedding] happens none of us will know about it because it'll be done in private.' But now the star has put the record straight. The 48-year-old – who keeps her relationship with gardener Ben Hawkins under wraps – told co-host Dermot O'Leary, 'Cut the music! I'm not engaged, I'm so sorry I'm not engaged! I told you, if I was ever to get engaged or get married I would be the first person to tell you.' Maybe one day, Alison!

## Pics of the week



Enjoying a meal out, telly legends Richard and Judy are clearly doting grandparents to baby Bodhi, daughter Chloe's seven-month-old tot.



Reese Witherspoon proved she's a dedicated pooch mum, letting pup Minnie rest up in her hood.

*Loose Women* united in support. The ladies gathered together to celebrate the life of Brenda Edwards' late son Jamal on the first anniversary of his death.

WORTH OVER £300

# WIN! A PRODUCT OF THE YEAR GOODY BAG!

## 10 readers will get a selection of award-winning buys

**The annual Product of the Year awards are back once again – voted for by over 8,000 UK consumers.**

The famous Product of the Year red logo is a seal of approval, giving shoppers the inside scoop on the year's most innovative buys. Make sure you look out for it when you're next in store!

We've teamed up with Product of the Year and 10 lucky readers will win a bumper bag of award-winning products, filled with this year's buys across food and drink, health and beauty, laundry and household.

### GRAZE CHOCOLATE PEANUT CRUNCH

Milk chocolate coated corn, peanuts, salted corn and honey roasted broad beans. No artificial colours, flavours or preservatives. Suitable for vegetarians. With 123 kcals per portion, making for an irresistible snack. **£2.50 for 100g bag**

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Your favourite Starbucks coffee now in the comfort of your own home! Enjoy Caffè Latte or Caramel Macchiato – the same great taste as your classic favourites, in a convenient bigger pack for chilled coffee moments at home. 100% arabica coffee, made with a chilled blend of the bold signature espresso roast coffee and cool creamy milk. **£3.75 for 750ml carton**

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### [SHICKEN] TIKKA KEBAB SKEWERS

Delicious cooked in the oven or on the barbecue, these 100% meat-free, vegan skewers are handmade to ensure real restaurant quality, taste and texture and an authentic chicken flavour. **£3.80 for 2 skewers (240g pack), £9.76 for 10 skewers (800g pack)**

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This disinfectant eliminates 99.9%* of bacteria and viruses, and leaves surfaces with a long-lasting floral fragrance. This multi-purpose cleaner is perfect for almost any surface, and keeps your home fresh. **£2.50 for 240ml bottle**

*Eliminates COVID-19 virus (SARS-CoV-2), adenovirus, vaccinia, respiratory syncytial virus (RSV) and feline coronavirus.

### BEN'S ORIGINAL PLANT POWERED

A delicious range of plant-based, favourite meals from Ben's Original, ready to enjoy in 90 seconds. Choose from classic Sweet Potato & Chickpea Tikka Masala, award-winning 3-Bean Chilli Non Carne, or warming Spicy Lentil Stew with Carrot & Red Pepper. Perfect on their own, or serve up with rice for a quick, delicious meal for two. **£2.49 for 285g pack**

### ANDREX® ULTRA CARE

This new toilet tissue is designed to deliver the best care for skin. It's hypoallergenic, pH balanced, dermatologically tested and has been proven to soothe the skin. It has nutrient-rich lotion containing aloe vera. **£6.75 for 9 rolls**

### TRIP CBD OILS

Trip's oils are a unique blend of premium CBD, MCT oil and natural botanicals. Infused with chamomile for its soothing benefits and crafted to help you find calm. Comes in two delicious flavours: Orange Blossom and Wild Mint. **£18 for 300mg CBD, £36 for highest strength 1,000mg CBD (comes in 15ml bottle)**

### How to enter

**JUST ANSWER THIS QUESTION**

**Q How many of Henry VIII's wives were called Catherine?**

**A EIGHT** **B THREE** **C SIX**

If you know the answer go to comps.womansownmagazine.co.uk and look for the competition. This competition is open from 9am on 7 March and closes at 11.59pm on 7 April 2023

TERMS AND CONDITIONS: Standard *Woman's Own* terms and conditions apply, for details go to futureplc.com/competition-rules. Entry implies acceptance to these rules. For website rules of play, go to comps.womansownmagazine.co.uk/rules. The promoter is Future plc and Product of the Year is the supplier of the prize. In the event of a conflict between the terms and conditions in this promotional material and the Standard *Woman's Own* terms and conditions, the former shall prevail. Please note, what is shown on the page is just a selection of the winning products. There are 10 prizes to be won; each is worth over £300. The prize contains a selection of the winning products. Please ensure you leave your mobile phone number and address when entering, as this prize will be delivered by courier. UK only.

# SAVE LIKE THE STARS

**Follow these celeb tips to look after the pennies**

**BATCH COOK & LOVE THY FREEZER**

## JAMIE OLIVER

TV chef Jamie loves a slap-up meal, but knows you shouldn't have to pay an arm and a leg for it. The dad-of-five advised fans, 'Stock up on frozen veg like peas – they're great value for money, which means you can use them in big quantities, and they're just as nutritious as fresh.' Jamie, 47, added, 'Your freezer is the best friend you didn't know you had! Not only can you use it to save leftovers, it will rescue wilting herbs and keep fruit that's on the turn.'

## STACEY SOLOMON

As a mum-of-five, Stacey knows bulk buying is a great way to reduce shopping bills. The 33-year-old shared, 'It's so much cheaper, whether you've got the space or not.' Another way that the *Loose Women* panellist cuts costs is by being savvy about when she uses her electrical devices. 'I was speaking to my provider and they said there are "peak hours" when using electric, so I'm trying to use the machines outside of those hours.' Off-peak hours can vary, so contact your energy provider for more details.

**BULK BUY & OUT OF HOURS**

**HIT THE CHARITY SHOPS**

## LORRAINE KELLY

She always looks amazing, but that doesn't mean that TV veteran Lorraine spends a fortune on her outfits. The 63-year-old revealed to fans that she picks up some of her favourite fashion pieces from charity shops. She explained of a recent outfit, 'It's a Ghost dress which would probably be hundreds of pounds, but it was really cheap in the charity shop', adding, 'It's the way forward, isn't it?'

## RUTH LANGSFORD

Her busy work schedule sees her here, there and everywhere, but rather than buying food on the go, *Loose Women*'s Ruth always makes herself a packed lunch. As a way of staying healthy (and saving money) the 62-year-old preps food every Sunday and regularly shares her delicious lunchtime treats with fans. One picture showed slices of ham, three tomatoes, one boiled egg and a tub of lettuce alongside a green juice and water with the caption, 'Start the week as I mean to go on! #sunday #foodprep #healthy.'

**PACKED LUNCH**

## EAMONN HOLMES

When he was unable to work due to illness, former *This Morning* star Eamonn put his time to good use and saved him and wife Ruth a fortune. The 63-year-old detailed how he went through and cancelled some of the couple's Direct Debits that were no longer needed. He explained, 'You'd be amazed at the things I was still paying for, like a Dixons cover plan – Dixons went down the tube years ago!'

**TACKLE YOUR DIRECT DEBITS**

## HELEN SKELTON

Former *Blue Peter* star Helen swears by a smart meter to keep an eye on and reduce how much she spends on gas and electricity. The 39-year-old shared, 'One of the best tips is getting a smart meter. Did you know the in-home display shows how much you're spending on energy in real-time?' Helen then explained, 'That way you can make little changes to manage costs. It's a no-brainer really – all you need to do to find out more is search for "get a smart meter".'

**INSTALL A SMART METER**

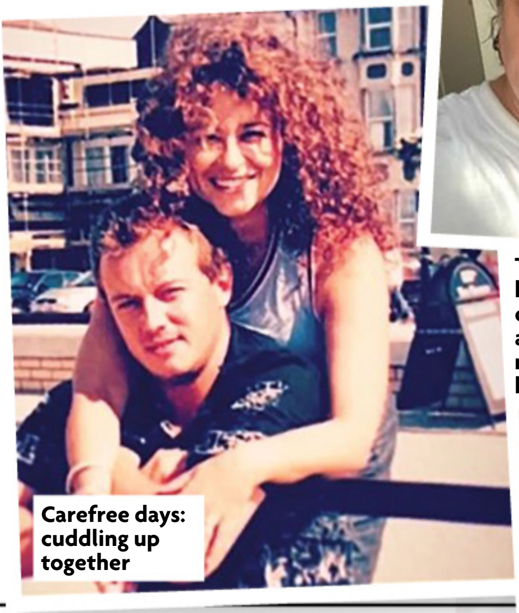
WORDS: ARIANA LONGSON. PHOTOS: GETTY, SHUTTERSTOCK

# NADIA'S MARRIAGE UNDER PRESSURE

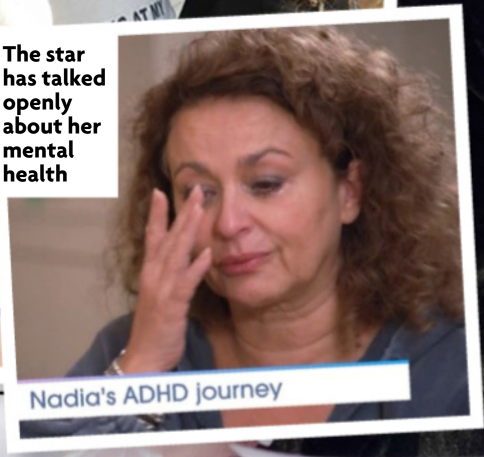
## *Loose Women* star Nadia Sawalha admits her recent diagnosis has heaped extra strain on her relationship

*Loose Women*'s Nadia Sawalha has revealed there's new tension in her marriage due to her recent 'life-changing' diagnosis of ADHD. The star has been married to TV producer Mark Adderley, 52, for 20 years and despite Nadia often sharing titbits about their personal life on telly and online, they've continued to be one of showbiz's strongest couples – perhaps, until now.

Married for nearly 21 years: Mark and Nadia



Carefree days: cuddling up together



The star has talked openly about her mental health

PHOTOS: ALAMY, INSTAGRAM @NADIASAWALHA, ITV, SHUTTERSTOCK

NADIA SAWALH

## ‘YOU HAVEN’T ENGAGED WITH ME AT ALL ABOUT IT’

**Nadia with Mark and their daughters, Maddy and Kiki**

The couple have navigated choppy waters before and been open about their marriage struggles – Mark has suffered depression and alcohol addiction, and also has ADHD, and the pair were living a party ‘off the rails’ lifestyle before they had children. Nadia even admitted last year how they’d ‘grabbed the relationship from the jowls of death so many times’, adding that ‘addiction, menopause, and children’ had sucked the oxygen out of it.

## HEATED DISCUSSION

Now Nadia, 58 – who tearfully revealed in November she’d been living, undiagnosed, with ADHD since childhood – admits she ‘never feels listened to’ by Mark. Speaking on the couple’s podcast, *How to Stay Married (So Far)*, Nadia told her husband, ‘I looked into ADHD before I knew I was. I looked up the [prescribed] drugs you’d done and side effects.

‘And I feel you haven’t engaged with me at all about it. Because you’ve got your own mental health stuff. I have done a lot of mental health talking in this house. It would be nice to discover this together with you. You check out at almost everything I say. That’s why I have to repeat it 10 times, because you don’t listen.’

Nadia continued, ‘I think it is so fascinating that we both have this thing [ADHD]. How does that work in our marriage? I just wish there was a little bit more curiosity for me.’

Although Mark denied Nadia’s claims in a heated discussion on their show, she insisted, ‘Very, very quickly after my diagnosis of ADHD. You got very bored... You don’t listen to me. Have you read any of the things I have sent you? No. No interest whatsoever. You check out. We both do that.’

Nadia - whose straight-talking has won her legions of fans - also rallied against chores. She asked Mark, ‘Have you got any idea how boring it is to clear up this kitchen 25 times a day? To do the shopping, to empty the fridge, to cook the meals? To deal with everybody’s unhappiness or mental health? I find clearing up... really boring.’

## TOUGH TIMES

Just last year Nadia admitted her marriage was not a bed of roses, saying, ‘We rolled up our sleeves and worked so, so hard to stay together. We pushed through.’ The couple have bravely opened up about marriage counselling during tough times too – but were surprised their daughters were none the wiser. Nadia - who married Mark in 2002 - said, ‘So many people ask me what it’s like going to counselling. We’ve had a number of sessions. All marriages have problems. It’s how much you suppress [them]. I was having a conversation with my daughter and said we went to couples’ counselling. [My daughters] were panic-stricken. They said, “Were you going to get divorced?” We were in a really bad way, really distant from each other. Our list of what we couldn’t talk about was getting longer and longer, because it would end up in a row.’

Despite the challenges, Nadia and Mark are clearly committed to each other and their daughters, Maddy, 20, and 15-year-old Kiki. Nadia said, ‘We couldn’t imagine not being married. But it does take work. It was a really good lesson for [the girls]. I said to them, “Look at us now.”’ Nadia says she and Mark learnt many tools to help them navigate difficult times, adding, ‘We are now weaving our way around trying not to get hurt, not going defensive or not going into attack.’ She added, ‘The way we approach things now is different. Everything we used to talk about would light a flame. We are both hot-headed. We are both Scorpios. We both have ADHD. Very quickly we can go from nought to 100. And we still can. But we’ve learnt things that help us.’

Nadia said people tell her they are ‘lucky’ they ‘have a really good relationship’. She adds, ‘The root of any relationship is being able to bring stuff up. Pushing stuff down f***s relationships – it’s as easy as that.’

✣ **Nadia was chatting on her podcast *How to Stay Married (So Far)***

# Wishlist

## The fashion, beauty and home buys we have our eyes on this week

COMPILED BY: BECKY JOINER-O'RIORDAN

### FLORAL FANCY

Swish your way into spring.
Dress, £38, sizes s-xxl, JDY at Matalan

### LENGTHEN AND CURL

A formula you can layer up.
Full Loading Mascara, £9.99,
sephora.co.uk

### COLOUR POP

Because life's too short for boring vases.
Face vases, £15 each, large vases, £45 each, bud vases, £12 for set of three, triple bubble vase, £23, bobble vase, £28, all sassandbelle.co.uk

PERFECT FOR TRAVEL

### GAME CHANGER

See all your make-up at once.
Open-flat cosmetic bag,
£19.99, theflatlayco.com

### PAPER PLEATS

Add an individual look to your home.
Lamp, £24.99, H&M Home

### STRIPE IT LUCKY

Lounge around in style.
Pyjama set, £18, sizes 8-18,
George at Asda

### POWER POUT

Hydrates with no smudging.
Studio London 12h Velvet
Lipstick, £5, Superdrug

### ACCESSORY UPDATE

For multiple
styling opportunities.
Neck scarf, £4, Primark

**BARGAIN BUY!**

### WARM GLOW

Perfect for creating
a cosy feel.
Votive candle, £2, Primark

### STAND OUT SHADE

Add a boost of colour.
Coat, £39.99,
sizes xs-xxl, H&M

### ARM CANDY

Get the designer
look for less.
Bag, £29.99, Mango

**WIDE FIT**

### STEP OUT IN STYLE

Great teamed with
either jeans or dresses.
Shoes, £39.50, M&S

### CHECKMATE

Pop on over a white tee.
Cardigan, £25, sizes 8-24,
Tu Clothing

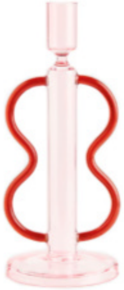
OLIVER BONAS
FLEUR
HAND CREAM
ROSE & HIBISCUS
OLIVER BONAS
FLEUR

### SMOOTH OPERATOR

Pamper your hands.
Fleur Rose & Hibiscus Hand
Cream, £8.50, Oliver Bonas

### OVER THE RAINBOW

Going for gold – bring the
shades of sunshine inside.
Cushion, £25, Dunelm



### WORK OF ART

Add a colour-clashing
tapered candle.
Candlestick, £22.99, H&M Home

# HE'S MY LOVER NOT MY GRANDAD!

## Chelsea Birkenhead, 33, and her partner have faced criticism for their relationship...

**Catching up with friends at the local pub, I was surprised by an interruption.**

'This is for you, from the gentleman over there,' said one of the bar staff, handing me a glass of wine as she gestured to a man perched by the bar.

I had a giggle with the girls, before taking a peek at my secret admirer.

'A lot older than I imagined,' I said, taking in the 50-something man wearing jeans and a smart jumper.

Still, at 23, I'd dated older men in the past and had always found them to be more mature and interesting.

Heading to the bar when it was my round, I noticed he was still there.

'I'm Don,' he smiled.

'I'm Chelsea. Thanks for the drink,' I replied.

Don insisted on buying me another, before putting his number into my phone and telling me to give him a call.

### BLOSSOMING ROMANCE

Truth be told, I wasn't blown away by Don, and when I texted him a week later in September 2013, I really wasn't expecting it to go anywhere.

But Don invited me out for dinner and I agreed. And next day, he was at my doorstep, picking me up and treating me to a meal at a local Italian restaurant.

We chatted for hours, and I told him about my job as a dental nurse. He told me he was 52 and worked as a builder.

'I'm divorced, with a grown-up son,' he also told me.

'Doesn't bother me,' I smiled. And I meant it. I really loved Don's honesty and now I'd got to know him a bit, he seemed like such a decent and respectful man.

The fact that he was older than my dad didn't concern me, but Don was a bit worried at first and wondered if my parents might have an issue. 'Age is just a number,' I reassured him.

We started seeing each other more and more and before long, we were a proper couple. And Don certainly didn't let his age hold him back in the bedroom – we couldn't keep our hands off each other, having sex at least three times a week.

The couple were overjoyed to have Evelyn

### GROWING CLOSER

My friends knew I liked older men, so they weren't surprised or the least bit judgemental. The 29-year age gap wasn't a problem for them or me, but I knew some people would judge – first and foremost, my parents.

'I'm heading out with friends,' I'd call to my dad, Alan, then 46, who I lived with, and I'd slip out before he could ask any questions.

I didn't tell him or my mum about Don, but I knew I couldn't keep him a secret forever, so after a few weeks I decided to be honest – well, kind of.

'I'm seeing someone... in his 40s,' I lied, shaving a decade off Don's age.

Dad went quiet. 'He's a bit old,' he eventually muttered.

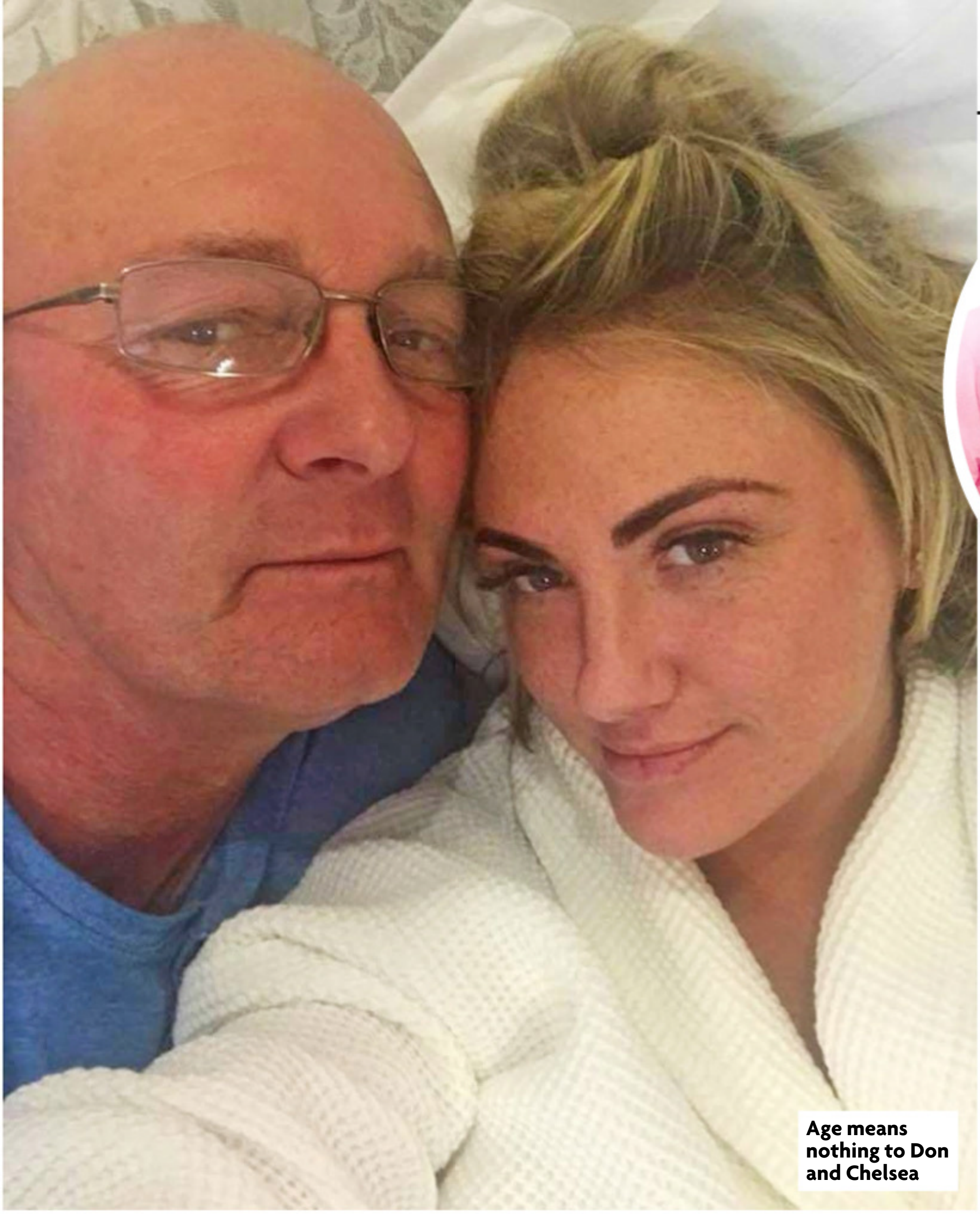
Even though he could see I was happy, he couldn't understand what I saw in someone so much older. My mum, Gillian, 48, wasn't keen either.

I understood that they were just being protective, but their reaction made me even more fearful to tell them his true age!

Meanwhile, Don and I grew closer and I admitted to him that I wanted children one day.

'I'm too old,' he said, but even that wasn't enough to put me off, and secretly, I hoped he'd come round.

WORDS: MISHAAL KHAN, LAUREN GREGORY.
PHOTOS: HOTSPOT MEDIA



Age means nothing to Don and Chelsea

Don loves spending time with his girls

In January 2014, after four months of dating, I moved in with Don – with my parents still believing he was in his 40s. And despite them both being keen to meet him, I'd somehow managed to put it off.

## STARTING A FAMILY

Soon after moving in, I brought up the subject of kids again, telling Don it was a dealbreaker for me. 'I really want to be a mum,' I said.

'I love you, so let's go for it,' he agreed.

Nobody had told Don's swimmers he was too old, because within a couple of months, I was expecting!

My parents were delighted, but out and about, Don and I kept getting stared at.

Before, people had probably just assumed Don was my dad or grandad. But with a bump, and him holding my hand, it was impossible to ignore the raised eyebrows.

Sometimes I felt embarrassed and would push Don away if he put his arm around me while we were shopping.

'Everyone's staring!' I said through gritted teeth.

But then I'd feel so guilty for feeling ashamed. Don was an amazing man and I should have felt proud to show him off.

In some ways, we were like chalk and cheese, the age gap prominent. Don enjoyed watching old cowboy films, while I preferred modern rom-coms. He was more traditional than me as well, and made a point of us sitting down for dinner together at the table, while I was happy eating in front of the TV.

In December 2014, our daughter Evelyn was born. And when my parents came to meet their granddaughter, it was time for them to finally meet Don too. Before, I would visit them on my own, still feeling awkwardness towards the subject of Don.

But now, thankfully, our gorgeous baby was a welcome distraction and everyone got on well. By then, I'd confessed to Mum and Dad about Don's real age, and they'd handled it well. 'As long as you are happy,' they said.

But soon, I noticed the looks and comments from strangers getting worse.

'See if your grandad will buy you a toy,' a woman told Evelyn, then two, one day in a shop.

'That's her dad,' I laughed, awkwardly, watching her turn her nose up in disgust.

I hated feeling embarrassed and, deep down, I knew I couldn't let other people's opinions bother me.

> 'WE CAN'T KEEP OUR HANDS OFF EACH OTHER'

## STRONGER THAN EVER

In May 2019, our second daughter, Emily, was born and Don was incredible with both of our girls. He was happy to help with nappy changes and night feeds, never complaining.

Now 63, Don is still a brilliant dad, taking Evelyn, now eight, and Emily, three, on bike rides and watching their favourite Disney films with them.

And our relationship is stronger than ever. The only thing I worry about is whether our sex life will dwindle. Our honeymoon phase is long gone, but we still can't keep our hands off each other. I'm more sure now than ever that age doesn't matter when it comes to romance. You can't help who you fall in love with and, luckily for me, I fell for Don.

# DAWN NEESOM MIND OF MY OWN

## Our columnist has her say on plastic surgery, TV show remakes and tomboys

## VICTIM SHAMING NEEDS TO STOP

**Nothing justifies the unspeakable behaviour of attackers**

**The names of Sarah Everard, Sabina Nessa, Zara Aleena, Emma Pattison and Nicola Bulley should never be forgotten. All of their lives were lost in heartbreaking circumstances. Brilliant, vibrant females taken before their time.**

Sarah, Sabina, Zara and Emma had their lives snuffed out by violent men – in the case of Sarah, a serving police officer. Nicola's story is different. But what all of these women have in common is the way their deaths raised questions about their behaviour.

Even in 2023 the victim shaming of women goes on. In fact, it appears to get worse. It's utterly depressing.

In the case of Sarah, who was kidnapped, raped, murdered and her body burnt by a Metropolitan police officer as she walked home through south London, the focus was on what she was wearing, the route she took, and did she let her loved ones know the direction she was taking? I mean, what the hell? She could have been dancing naked and drunk across a pitch-black Clapham Common, but that doesn't give any man the right to behave the way her killer Wayne Couzens did. IT WAS NOT HER FAULT. SHE WAS THE VICTIM.

Likewise Sabina and Zara. Again, these were two young women out alone at night in our capital city: Sabina cutting across a south London park to meet a friend, Zara heading home in Ilford. Again, questions were asked about their behaviour. Why? What about the vile pieces of filth who took their lives?

Why are female victims still treated in this way? Either like helpless, hopeless, pathetic dolls or 'asking for

**'IT WAS NOT HER FAULT'**

MISSING
for immediate Sightings Call 101

***Starsky & Hutch*** **is to be reimagined**

### REMAKING CLASSICS

**When will we stop fiddling with the past? The latest victim of the politically correct pandemic is the classic 1970s cop show *Starsky & Hutch*. The TV series starred David Soul, Paul Michael Glaser and Antonio Fargas as Huggy Bear.**

**I absolutely loved it as a kid, especially the memorable 'seat drop' moment on to the roof of the duo's iconic red and white Ford Gran Torino. The film version never quite captured the originality and excitement of the original show. But now it's getting even worse. The series is being remade. As Huggy Bear would probably say: 'Look man, it ain't even funny no more.'**

### LET KIDS BE KIDS

**Princess Charlotte has been dubbed a tomboy for her feisty attitude at school. But why are bolshie little girls called tomboys? Can't girls be strong and independently minded and just, you know, be girls? And secondly, is being a tomboy even a thing any more? Some girls like boys things, and some boys like girls things. Nothing more, nothing less. Just let them be kids for God's sake.**

PHOTOS: ALAMY, GETTY, SHUTTERSTOCK

HOW MANY MORE
#ENOUGHISENOUGH
SARAH

it'? Meanwhile, the men involved in nearly all cases are excused. They had 'difficult' marriages, they had suffered a loss of status at work. Their egos and masculinity were somehow damaged and that somehow justifies their unspeakable behaviour.

Nothing illustrates this more than the murder of Epsom College head Emma Pattison and her daughter Lettie, seven. Their lives were taken by Emma's husband and Lettie's dad, George, who then shot himself. The media reports said he couldn't cope with his wife's success. Only it was asked as a question, wasn't it? Was Emma's career success and her husband's business failure to blame for her death? NO! IT WAS NOT HER FAULT. SHE WAS THE VICTIM.

Which brings us on to the heartbreaking story of Nicola Bulley, a woman whose disappearance gripped the country for three weeks. Conspiracy theorists and amateur sleuths on social media went unchecked in their accusations, while the mainstream media and police didn't fare much better.

The fact that Nicola was 'vulnerable' was important to the case and the press should have been informed in a not-for-publication way immediately. They weren't. Which led to Lancashire police almost blurting out that Nicola's problems with the menopause meant she had developed issues with alcohol. It was chaos.

What was her sex life like? What was her relationship like? How unstable was she because of the menopause? Once again it was a girl thing and not in a good way. Female victims are either poor little women or she-devils. Only none of the women featured here were. They were just ordinary women going about their ordinary business.

They were all victims. And if they had committed a crime it was probably one of the most heinous any of us make. To be women.

## HOW OLD?

Shamima Begum in a Syrian camp

**When are you an adult? No, not a trick question. The recent court case featuring Jihadi bride Shamima Begum, who fled the UK at 15 to join ISIS, has heightened the debate once again.**

**There are those who argue that at just a few months shy of her 16th birthday, Shamima was too young to know what she was doing. A child. Yet in Scotland you only need to be a few months older than Shamima when she ran away to Syria to be considered grown-up enough to vote.**

**You can join the Army and potentially risk your life at 16, but aren't adult enough to get a tattoo until you're 18. Oh, and the criminal age of responsibility in England and Wales is still 10 (it's 12 in Scotland). Not sure any of it really adds up, does it?**

## NOT AGAIN, KATIE

More plastic surgery for Katie Price

**It's no secret that model Katie Price, formerly known as Jordan, likes cosmetic surgery. As she's often joked herself, put her too near an open fire and she'd be a puddle of plastic before you know it. Now though, the mum of five has just had her 16th boob job, which makes her look like a blow-up caricature of the beautiful young woman she once was.**

**Look, we all have the right to do whatever we want to our own bodies provided we hurt no one else in the process, but surely it's time to start asking questions of the surgeons willing to mutilate human bodies to such extremes for cold, hard cash?**

***What's your opinion? Tell Dawn on Twitter @DawnNeesom***

# Stylists' best kept secrets

**The fashion team reveal their go-to brands for a chic, curated wardrobe on a budget**

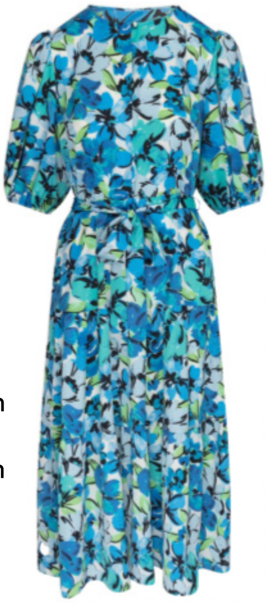
**PAULA MOORE**
**Group Fashion Director**

**HANNAH HUGHES**
**Group Fashion Editor**

**CHARLIE BELL**
**Deputy Fashion Editor**

**BECKY JOINER O'RIORDAN**
**Senior Fashion Stylist and Writer**

## Elegant occasionwear

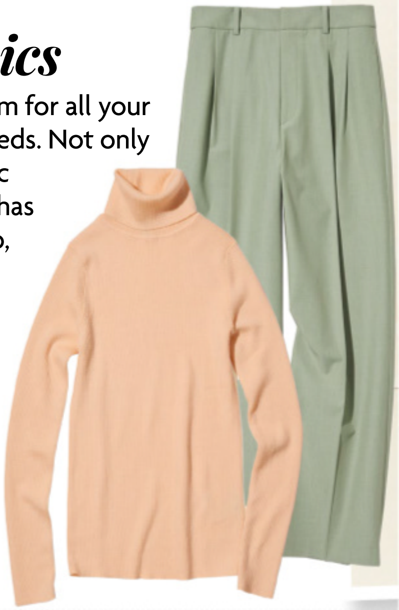


Very is my one-stop shop for stunning occasionwear at easy prices. From colour-popping suits to bold printed dresses, there are endless pieces to choose from. If you fancy copying the likes of Michelle Keegan and Judi Love, it's also a go-to for celeb collabs, with an inclusive size range too.

**Dress, £30, sizes 8-18, Very**

*Becky*

## Clever basics

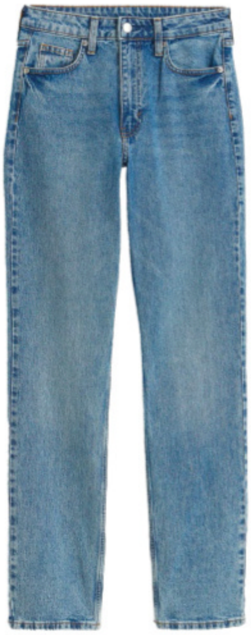


Uniqlo is a hidden gem for all your capsule wardrobe needs. Not only does it have uber-chic sweaters and tees, it has savvy technology too, from thermals to breathable cotton fabrics. Look out for its designer collabs as well.

**Top, £29.90, trousers, £34.99, both sizes xxs-xxl, Uniqlo**

*Charlie*

## Easy denim

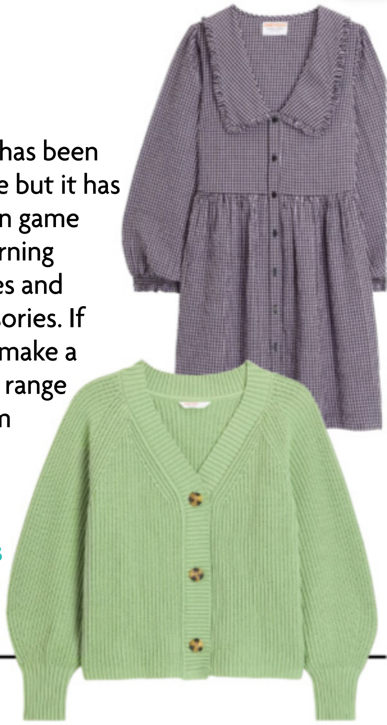


Finding the perfect pair of jeans is a never-ending quest, but if you've yet to give H&M's denim collection a try, now's your chance. Not only are its jeans affordable but it has heaps of on-trend and super-flattering cuts too. I'm a big fan of its vintage straight jeans. More forgiving than skinny, with a cooler, relaxed edge, they're an everyday fave.

**Jeans, £24.99, sizes 4-22, H&M**

*Charlie*

## Wardrobe classics

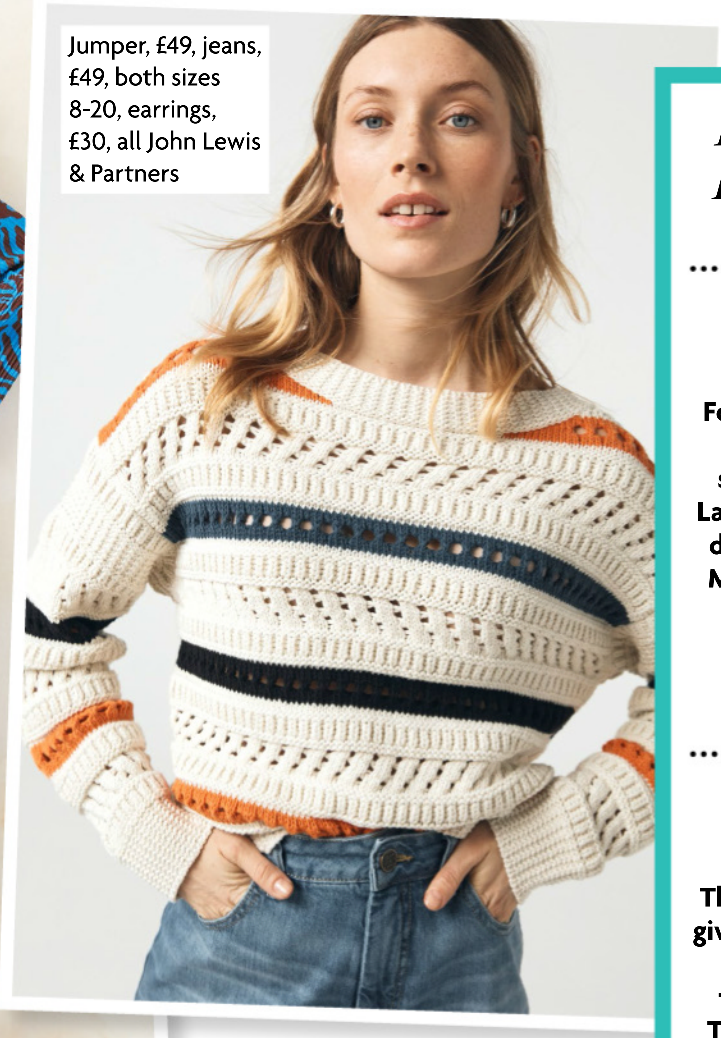


John Lewis & Partners has been a staple for a long time but it has really upped its fashion game recently, with head-turning dresses, sleek separates and Scandi-inspired accessories. If you're after a bargain, make a beeline for its AnyDay range for pieces crafted from high-quality fabrics.

**Dress, £38, cardigan, £34, both sizes 6-20, AnyDay at John Lewis & Partners**

*Hannah*

Dress, £28, sizes 6-20, shoes, £30, both Very



Jumper, £49, jeans, £49, both sizes 8-20, earrings, £30, all John Lewis & Partners

**INVEST IN VERSATILE DRESSES AND JUMPERS THIS SPRING**

## Trend-led accessories

The easiest way to update your look is with a cute accessory and Parfois has you covered. The Portuguese brand has a similar vibe to Zara at a slightly lower price point. I'll be jazzing up a jeans and tee combo with this bag and earrings.

**Bag, £29.99, earrings, £5.99, both parfois.com**

*Becky*

## Shoes at a snip

Shoes for a fiver? Yes please! Everything5pounds buys leftover/excess stock and sells it for a fraction of the price but it's the shoes that are really worth raving about. From timeless loafers to 90s-inspired mules, there's a pair for every occasion and outfit.

**Shoes (white), £5.75, shoes (pink), £5.95, both everything5pounds.com**

*Paula*

## BRANDS TO BOOKMARK

### 1

*Best for...*

**DESIGNER GOODS**

**For premium brands without the hefty price tag, head straight to TK Maxx's Gold Label section. Here you'll find designers such as Alexander McQueen, Dolce & Gabbana and Stella McCartney, all heavily discounted.**

*tkmaxx.com*

### 2

*Best for...*

**ACTIVEWEAR**

**The Goodmove range at M&S gives more high-end gym wear a real run for its money in terms of style and quality. The leggings fit like a dream too, passing the squat test!**

*marksandspencer.com*

### 3

*Best for...*

**SECOND-HAND GARMS**

**Buying second-hand is a sustainable way to shop. Whether you're buying or selling, Vinted is an easy-to-navigate marketplace for all pre-loved goods.**

*vinted.co.uk*

### 4

*Best for...*

**CATWALK COPIES**

**Get the designer look without blowing the budget with Ego's shoes and bags. From sculptural heels to padded clutches, you'll do a double take on some of its designs.**

*ego.co.uk*

COMPILED BY: CHARLIE BELL. PHOTOS: LIZMCAULAYPHOTOGRAPHY

# 11 WOMEN EVERY DAY...

### That's the shocking number who die from ovarian cancer in the UK, with thousands more diagnosed each year. Knowing the signs could save your life

**Ovarian cancer is the 6th most common cause of cancer death in women in the UK*, yet most women wouldn't be able to recognise the key symptoms** – the most common being tenderness in the tummy, bloating and a reduced appetite. This Ovarian Cancer Awareness Month, we speak to two women about their experience of the disease and its impact on their lives.**

## *'I was lucky it was caught early'*

**Claire Mckay, 40, is a teacher from Hampshire.**

Clutching my side, I winced. It was September 2014, and I was at my teaching job, in the middle of a lesson. I'd had a nagging pain in my side for weeks and it was really getting me down. I'd been having really heavy periods lately too, and felt extremely bloated. Living with type 1 diabetes, I always went to my GP when my body felt slightly off, and when I told her about my symptoms, she referred me for an ultrasound.

> 'CANCER WAS THE LAST THING ON MY MIND'

### MORE TESTS

At my first scan that October, I was so anxious when a consultant told me I'd need a more detailed MRI scan. Still, cancer wasn't on my mind. At 31, I was fit and healthy, so it just didn't occur to me that it could be anything sinister. 'It's probably nothing,' I reasoned to my mum, telling her about it on the phone.

One week later, in November 2014, I was given another appointment to discuss my results. 'You have a cancerous lump on one of your ovaries,' my doctor explained. The words seemed to echo in my head. Cancer. How could I possibly have cancer? I knew very little about ovarian cancer, only that it was something more commonly experienced by older women, not 31-year-olds like me, and as far as I knew there was no history of it in my family.

Luckily, it had been caught early, at stage 1, so it was unlikely to have spread. I'd need an operation to remove the ovary, and in a rare worst-case scenario I might need a hysterectomy.

In February 2015, I had surgery. Coming around from the anaesthetic, my surgeon stood at the end of my bed. 'Your cancer has been successfully removed, but you needed a radical hysterectomy to stop the tumour splitting,' he explained. I was in shock. Although the tumour had been stage 1, it had stuck to my ovary and uterus. I was forced into early onset menopause, but it was necessary for my survival.

Even though I was single and wasn't ready for children, I was devastated that the choice had been taken away from me. It took a long time for me to accept.

### AFTERMATH

Coming to terms with my body after cancer was tough too. It took a while to find the correct dose of HRT to help with my intense hot flushes and mood swings, and the mental impact of being menopausal in my early 30s felt isolating. But the truth is, I was lucky to catch my cancer early, as things could have been so much worse.

Now, I've been on the same dose of HRT for seven years, and have since had counselling to help with the mental side of my experience. I've realised life is too short to put things off until the future, so I try to live it to the full. In 2019 I completed a 15,000ft skydive and raised over £600 for Target Ovarian Cancer. Fundraising has been a big outlet for me. I'm one of the lucky survivors and I believe it's my duty to help as many women as I can.

TARGET OVARIAN CANCER

**Claire before her skydive**

## What to look for

**Dr Sharon Tate, Head of Primary Care Development at Target Ovarian Cancer says: 'We know that the earlier ovarian cancer is diagnosed, the easier it is to treat. The main symptoms of ovarian cancer are: ✣ Persistent bloating – this is bloating that doesn't come and go. ✣ Feeling full quickly and/or loss of appetite. ✣ Pelvic or abdominal (tummy) pain. ✣ Urinary symptoms – needing to wee more urgently or more often than usual. Occasionally there are other symptoms, such as change in bowel habit, extreme fatigue and unplanned weight loss. Any unusual bleeding from the vagina before or after the menopause should always be investigated by a GP. To call the Target Ovarian Cancer support line and speak to one of our nurse advisers, phone 020 7923 5475.'**

**Each year 7,400 women are diagnosed with ovarian cancer in the UK. For more information visit targetovariancancer.org.uk.**

# 'If only we'd recognised the symptoms sooner'

**Natalie Wild, 43, is a retail wholesaler and lives in Sheffield.**

Phoning up my sister Leanne in April 2020, she wheezed. 'How are you feeling?' I asked. 'Could be worse,' she chuckled, followed by a cough. Even when going through a tough time, Leanne was as positive as ever.

## STRUGGLING

Hilarious and kind, she was my best friend as well as sister. Leanne worked in the eye department of our local hospital, but had been struggling with breathing problems. And even though her test had come back negative, she was sent home with suspected COVID-19.

By her birthday that June, her breathing had worsened and doctors had given her antibiotics and steroids. I was stunned – it was her 38th birthday, but she sounded like a 90-year-old. There were other odd signs too – steroids usually caused weight gain, but Leanne was losing weight rapidly. She had terrible indigestion too.

Sisters Leanne (left) and Natalie

'I'm so worried about her,' I confided in our mum, who agreed.

For the next year, her breathing just worsened, and she grew weaker. Doctors suspected long COVID, and in December 2021, she went into hospital vomiting and with a high heart rate. Noticing her abdomen was swollen, Leanne was sent for a scan. After, she was told she had suspected ovarian cancer and would need surgery at a different hospital.

**'ALL THE SIGNS HAD BEEN THERE'**

'We're going to help you get through this,' I said on the phone when she told me.

'A different doctor told me it might just be a cyst after all,' she replied, sounding hopeful. She went into surgery a few days later, full of optimism. Shortly afterwards, the hospital called me and told me to get there as quickly as possible.

When I arrived, I was told that during her op, surgeons found Leanne's abdomen was full of cancerous tumours and fluid. Her ovarian cancer had spread and there was nothing more they could do for her. My sister was dying.

## SO LITTLE TIME

I desperately wanted to believe it wasn't true, and to shield my wonderful sister from the truth. But Leanne was hysterical. 'I'm only 39,' she kept sobbing. She passed away the next morning, just eight days after her diagnosis.

All the signs of Leanne's illness had been there – her swollen abdomen, unexplained weight loss, indigestion, and breathlessness from the tumours crushing her lungs. If only we had recognised them sooner, Leanne might still be here. With more public awareness of ovarian cancer symptoms, earlier diagnosis will give more women a fighting chance.

WORDS: VERONIQUE HAWKSWORTH. MAIN PHOTO (POSED BY MODELS): GETTY. *STATS FROM CANCER RESEARCH UK. **TARGET OVARIAN CANCER SURVEY

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# GOOD FOR YOU!

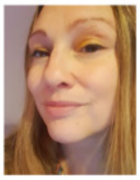
Helping you make smart health choices

## Have you heard about?

### THE BENEFITS OF POSITIVITY

**Negative thinking could increase your risk of age-related diseases*. Why? Gloomy attitudes cause imbalances in the posterior cingulate cortex and the amygdala regions of the brain. These are connected to emotion management and tied to the onset of dementia, meaning negative emotions could lead to declining brain health. Each day, record three things you're grateful for to help you focus on the happier things in life.**

## It worked for me



**Michelle Appleyard, 47, London**

'I have multiple sclerosis (MS), which makes me anxious about catching viruses that could affect me more than they would others. I self-isolate before hospital appointments to ensure I'm able to attend. I now use **BioSure Pro Protective Nasal Spray (£14.95, bebiosure.com).** It blocks cold and flu viruses by lining the nose with a barrier. I'm now more confident when I go out. It's a game-changer.'

BioSURE Pro
Protective Nasal Spray
Block Airborne Viruses
SPRAY PROTECT GO
PLAY WORK TRAVEL

## How to... spot hearing loss in others

**Tips from body language expert Judi James, partnered with Specsavers**

### A CHANGE IN BEHAVIOUR

'Some cues you should watch out for when someone is signalling that they can't hear you properly include cupping their ear with one hand, shrugging or shaking their head after someone has spoken, and a head-tilt gesture when listening.'

### EMBARRASSMENT

'A person might pretend they aren't suffering hearing problems and act as if they heard what you're talking about, or even avoid social situations altogether.'

### LOW MOOD

'You may notice they're angry – it's easy to become irritable when you're struggling to hear. They might also appear to be ignoring people and looking distracted.'

## Buy of the week

**Beat back pain with Deep Relief Anti-Inflammatory Gel (£7.99 for 100g, Boots). It has ibuprofen to reduce inflammation and levomenthol for soothing relief. Apply three times a day.**

DEEP RELIEF
ANTI-INFLAMMATORY GEL
Ibuprofen & Levomenthol
TRIPLE ACTION

## 24%

**OF BRITS FEEL STRESSED DUE TO PUTTING OFF LIFE-ADMIN TASKS, SUCH AS REGISTERING AT THE GP****

WORDS: ROSE GOODMAN. MAIN PHOTO (POSED BY MODEL): GETTY. *NATURE AGEING. **ONEPOLL COMMISSIONED BY SIMPLY HEALTH.
IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP

# ARE YOU AS HEALTHY AS YOU THINK?

## Take our test to see if you can spot the better-for-you options

Eating to lose weight or improve your health can be confusing. In fact, fewer than 1% of Brits achieve the balanced diet that's recommended by the NHS* – and, often, what we put on our plate is based on guesswork.

'A diet containing fresh, whole food is preferable to one that's mostly processed foods, which are typically high in sugar, salt and fat,' says GP Dr Nisa Aslam. But while we all know munching French fries is less healthy than a salad, lots of our daily decisions aren't so obvious.

Ready to test your knowledge? Tick what you think are the healthiest picks below, then check out the expert advice so you can tweak your diet.

## Quick quiz!

1

Handful of strawberries ☐

OR

Handful of blueberries ☐

2

2 rashers of bacon ☐

OR

2 sausages ☐

3

100g Cheddar cheese ☐

OR

100g feta ☐

4

A bowl of soup ☐

OR

A bowl of salad ☐

5

A 125ml flute of 12% fizz ☐

OR

A 175ml glass of 13% red wine ☐

6

A serving of broccoli ☐

OR

A serving of cauliflower ☐

7

A glass of sparkling mineral water ☐

OR

A glass of soda water ☐

8

3tsp brown sugar ☐

OR

3tsp white sugar ☐

9

5 green olives ☐

OR

5 black olives ☐

## DID YOU KNOW?

**Grazing throughout the day can be better than having a huge midday meal. 'Healthy nibbling prevents a post-lunch slump,' says Jenna. 'Spreading out your calorie intake means you're less likely to experience the blood sugar spike and crash that occurs after a big, heavy meal.' Just be careful not to over-snack on processed foods – choose veggie sticks and houmous, rice crackers or crispbread with a healthy topping, nuts and fruit.**

## *Shop healthier*

**Download the NHS Food Scanner app to scan foods as you shop and find out how you can make better choices (free, App Store and Google Play).**

# THE RIGHT ANSWERS

**Find out if you made the healthiest choices. You might be surprised...**

1 **BLUEBERRIES** Both are tasty fruits to make up your five-a-day, but blueberries deliver an extra hit of goodness. 'They're higher in fibre than strawberries and a good source of vitamin K,' says nutritionist Jenna Hope. 'Blueberries are also packed with powerful antioxidants to give your immune system a boost.' Stir into porridge and yogurt or eat a handful on the go.

2 **BACON** A well-cooked rasher of bacon has fewer calories than the average pork sausage. 'To make this breakfast choice healthier, go for lean back bacon without the rind, rather than streaky bacon, which is much higher in fat,' says Jenna.

3 **FETA** Can't go without your cheese fix when on a diet? Make this switch in your favourite sandwiches and salads to slash your calorie intake over the course of a week. 'A 100g block of feta has around 150 fewer calories than the same amount of Cheddar cheese,' says Jenna.

4 **BOTH!** You can load soups and salads with a variety of healthy ingredients to turn them into superfood meals – add protein, vegetables, spices and seeds. 'To reduce the calories, avoid creamy soups and full-fat salad dressings and check the labels of shop-bought items for the sugar and salt content,' says Jenna.

5 **FIZZ** While we often hear that a glass or two of red is good for us, the truth is that you're far better off drinking fewer units of alcohol overall. By switching to fizz you'll reduce your units from 2.3 per glass to 1.5, according to Drinkaware. Fizz also has only 89 calories per flute, which is fewer than a glass of wine.

6 **BROCCOLI** Both these cruciferous greens are nutrient-rich, but broccoli wins in the fibre stakes – it has 2.8g of fibre per 100g, compared with around 2g per 100g for cauliflower – which is important to help keep bowels healthy. 'You can add broccoli to salads, stir-fries and curries, soups and green smoothies to easily increase your intake,' says Jenna.

7 **SPARKLING MINERAL WATER** Despite 10% of people thinking that sparkling mineral water contains sugar or calories**, it's actually one of the healthiest ways to hydrate. 'This bottled water is naturally carbonated at source and has beneficial minerals such as calcium, sodium, magnesium and potassium,' says Jenna. Soda water, while still zero-calorie, has no added minerals and is force-carbonated to create the bubbles.

8 **NEITHER!** Sorry, this is a trick question. 'Regardless of its colour, sugar is sugar and neither white nor brown has any nutritional value,' says Jenna. More than 20% of Brits say sugar is their biggest vice***, but there are ways to wean yourself off it. 'Start by limiting the sugar in your tea and coffee, and swap high-calorie sugary drinks for water,' says Jenna.

9 **GREEN OLIVES** Who knew? Black olives are slightly higher in calories and fat than green olives due to the ripening effect. But, before you put a ban on the black ones, bear in mind that it's a very narrow margin. 'Both are a source of monounsaturated "good fats" and are high in polyphenols, which have an anti-inflammatory effect,' says Jenna.

WORDS: ALI HORSFALL. PHOTOS: GETTY. *THE NHS EATWELL GUIDE./RESEARCH BY HSIS. **NATURAL SOURCE WATERS ASSOCIATION. ***SURVEY BY AIR UP. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP

# DAWN HARPER ASK THE DOCTOR

## Doctor Dawn Harper answers all your questions

### INHALER CONFUSION

**Q My mum has come to live with us after being diagnosed with dementia. I have registered her with our GP and told them the list of medications she is on. She uses two inhalers – a blue one and a brown one. Both prescriptions say 'use as directed' but she can't tell me how often she should be using them. Please can you help?**

A The blue inhaler is used to open up the airways and she should use a couple of puffs up to four times a day to relieve a wheeze or cough. If she is needing to use it more than this, your GP will want to know. The brown inhaler is a 'preventer' so should be taken every day, morning and evening, to reduce inflammation in the airways.

### *Skin is so sore*

**Q Even during my teenage years, I always had good skin and got away with only the occasional spot. Unfortunately, now I'm in my mid-40s I seem to be making up for lost time! My nose and cheeks are red, and I have lots of little spots. My GP prescribed me some cream and then some antibiotics, but things seem to be getting worse. I don't want to bother my doctor again – is there anything else you could advise?**

A You may have a condition called rosacea. Check out rosacea.org.uk for more information and self-help tips. If antibiotics and prescription creams haven't helped, you may need a referral to a dermatologist. Your GP may be happy to arrange this if you send them a recent photograph by email.

### DO I NEED A SUPPLEMENT?

**Q During lockdown, I decided to make some changes for the better and became vegetarian, although I do still eat fish. At 53, I consider myself to have a healthy diet, but a friend of mine, who is very health-conscious, says I should be taking a daily multivitamin supplement to ensure I don't become nutrient-deficient. What are your thoughts?**

A If you had asked me that question a few years back, I would have said that you should be able to get all the nutrients you need from a well-balanced diet. But there is increasing evidence that the produce grown today is less nutrient-dense than a generation ago and that, over the age of 50, our bodies become less efficient at extracting those nutrients from our food. So now I think everyone over the age of 50 should consider a daily multivitamin.

**CONTACT DR DAWN** Send your questions to drdawn@futurenet.com, follow her on Twitter @DrDawnHarper, or go to drdawn.com

## *Afraid to ask?*

### WHY AM I SO GASSY?

**Q I have recently been diagnosed with type 2 diabetes and started on a drug called metformin, which I take twice a day. Since being on it, I've been breaking wind much more frequently and it's very smelly. It sounds trivial, but I'm avoiding social situations because it is so embarrassing. I have looked online, and it is mentioned as a side effect. Can I stop taking it?**

A Please don't ever stop any prescription medication without discussing this with your GP. Flatulence is a common side effect of taking metformin, but the good news is that this usually settles as your gut gets used to it.

DR HARPER PHOTO: NICKY JOHNSTON. OTHER PHOTOS (POSED BY MODELS): GETTY.

IF YOU HAVE ANY CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP. CHECK WITH YOUR GP OR MEDICAL PROFESSIONAL BEFORE TAKING NEW SUPPLEMENTS

# ANITA NAIK
# *A PROBLEM SHARED*

**Mum-of-two Anita Naik has been an agony aunt for 31 years**

## *Am I too old to use a dating app?*

**Q My daughters recently signed me up for a dating app. I am 57 years old and feel ashamed using it, and a bit desperate, but I would love to meet someone. Am I too old?**

A Using a dating app is nothing to be ashamed about. Not only can you find one that is catered to your age, but according to research, roughly 60% of participants have had a positive experience using one. What's more, many people have success finding someone. Give it a try; what have you got to lose? Don't be embarrassed.

### HE SENDS ME ABUSIVE TEXTS

**Q I was with my ex for 15 years, and we have a son aged 13. I separated from him as he was abusive and controlling. We have contact due to our son, but he uses this to send me threatening texts saying I'm a sick person, a horrible mother – and I'll pay for it. The constant stream of threats puts me on edge. My sister says go to the police, but I don't think they'll do anything.**

A It is a criminal offence for anyone to harass you like this. This includes sending messages by text, leaving answerphone messages and emailing. Your sister is right; you should talk to the police and get legal help. You also need to seek emotional support. Call the National Domestic Abuse Helpline on 0808 200 0247, and for free legal advice, call Rights of Women on 020 7251 6577 (line open Tuesday to Thursday 7-9pm and Friday 12-2pm).

## *3 ways to...*

### BRING YOURSELF OUT OF A RUT

1 **DO SOMETHING NEW.** It doesn't have to be especially significant or life-changing, but doing anything new will give you the motivation and inspiration to do something else and keep going.

2 **DON'T WAIT FOR OTHERS.** It's scary to do things alone, but waiting for others to do it with you means staying put in that rut for longer.

3 **DOWNLOAD THE WELL: REBOOT YOUR MINDSET APP.** This free-to-download mindfulness app will help you improve your productivity and long-term happiness in just 21 days. It's backed by studies from leading doctors and psychologists, too.

### CONTACT ANITA

**Send your questions to askanita@futurenet.com, follow her on Twitter @AnitaNaik, or go to anitanaik.com**

# THE TRUTH ABOUT VAPING

## E-cigarettes are not as safe as you may think...

**Noticed more and more people puffing on plastic cigarettes? In England, around 3.2 million people are now 'vaping', using an electronic cigarette device that creates a vapour to inhale. And the trend is growing – 7.1% of adults are now thought to vape, a number that's risen sharply in the past decade. 'It's seen as a "healthier alternative" to cigarettes, but it's one that still contains nicotine,' says GP and specialist in women's health Dr Hana Patel*. 'So it still carries health risks.' Here's what you need to know.**

### *BE SHOP AWARE*

**Newsagents and supermarkets are now likely to stock vapes and vaping liquid (e-liquid) cartridges, and you may even have noticed a vape shop pop up on your local high street. But some sellers might not be adhering to the UK's stringent regulations and testing for e-liquids containing nicotine. 'If the liquid is not registered on the Medicines and Healthcare Products Regulatory Agency (MHRA) register, then it's not legally allowed to be sold,' says Dr Patel. So only ever buy from a reputable seller (well-known shops) and read the label. Vape liquid is restricted to a maximum nicotine strength of 20mg/ml and devices should hold no more than 2ml.**

### WHAT'S DIFFERENT ABOUT E-CIGS?

Unlike traditional cigarettes, there's no tobacco being burnt when you vape – so you're not inhaling tar, carbon monoxide and other toxic chemicals that cause the most harm to the body. Instead, a battery heats a coil, which warms a cartridge or tank of vaping liquid made from propylene glycol, vegetable glycerine, a flavouring – and nicotine. This creates a vapour that you inhale, giving you the experience of smoking. 'At the moment, when using a vape that meets regulations (see box left), the health risks are smaller than the risk of cigarettes,' says Dr Patel.

### UNDERSTANDING ADDICTION

Vaping is addictive. 'Anything that contains nicotine can cause addiction,' says Dr Patel. 'This means people can crave vaping in the same way they would cigarettes, and also suffer withdrawal symptoms when they try to stop.' Dr Patel says that because nicotine affects the release of 'happy' chemical dopamine, it can affect anxiety and depression, with links being made between vaping and the worsening of these mental health conditions.

### AN EASIER FIX

**Many people admit to vaping more often than they would have smoked cigarettes. They feel it's because the average cigarette lasts for about 10 puffs, while a vape cartridge has nearer 600 puffs in it, which can make it harder to put down.**

### IS YOUR HEALTH AT RISK?

The truth is, as vaping is relatively new, scientists are still learning about the long-term effects. Some of the ingredients in the liquid could potentially be harmful to your lungs in the future. Most health professionals still advise that you should only vape in order to quit cigarettes.

### A WAY TO STUB OUT CIGARETTES

Vaping can help smokers quit the habit, as it's a way of still getting a nicotine hit. It allows people to spend less money, smell more fragrant (because there won't be an aroma of stale smoke) and stay social. 'But you should plan to eventually quit vaping too, once you know you won't be tempted to go back to cigarettes,' says Dr Patel. For ways to help you do so, see our tips, right.

WORDS: SAMANTHA WOOD. PHOTOS (POSED BY MODELS): GETTY, ALAMY. *TOPDOCTORS.CO.UK/DOCTOR/HANA-PATEL. IF YOU HAVE CONCERNS ABOUT YOUR HEALTH, SEE YOUR GP

# 5 easy ways to...

## *beat your addiction – by tonight!*

Want to quit? Here's how...

### 1 PUT SOMETHING ELSE IN YOUR MOUTH

Smoking and vaping are orally fixated habits, so give your mouth something else to do. Try a sugar-free lollipop, a drink with a straw or some chewing gum.

### 2 STOCK UP ON HEALTHY SNACKS

If you're using it as a way to avoid cupboard creeping, get healthier snacks in. Olives, veggie sticks, nuts and dried fruit are good options.

### 3 LEAVE YOUR VICE IN ANOTHER ROOM

Out of sight, out of mind. Putting whatever you puff on out of your line of vision can make you less tempted to reach for it.

### 4 IMPOSE A TIME RULE

When you get a craving, give yourself five minutes to do something else first, such as take a walk outside, or do the washing up. Often, cravings go away if we distract ourselves.

### 5 KEEP YOUR HANDS BUSY

Do you reach for a puff when you're feeling bored? Keep your hands – and your mind – occupied with a stress ball, fidget spinner, sudoku or Rubik's cube.

### WATCH OUT

Defective vape batteries have been known to cause explosions.

## 'VAPING GAVE ME ULCERS'

Nicola Colegate, 44, from Bournemouth, says:

'I started smoking in my teens and continued until I was having about 10 a day in my 30s. Ten years ago, I fell pregnant with my son, so I gave up. However, after he was born, vapes were quite new on the market, so I thought I'd give them a go, assuming it would be better for my health. My family hated me vaping – I'd take it with me wherever I went. I hated it too, as it gave me mouth ulcers and tasted really artificial. Also, I couldn't shake the feeling that, actually, it might be just as bad as cigarettes, as it was quite a new thing. So I quit vaping a year ago, and I'm so happy I did.'

# 7 tricks for a YOUNGER NECK without surgery!

**These super-speedy solutions can help your décolletage look smoother and more youthful**

VICHY
LABORATOIRES
NEOVADIOL
PHYTOSCULPT
COU & CONTOURS DU VISAGE
NECK & FACE CONTOURS

## *Shape up*

**The neck is one of those often neglected areas that, unfortunately, can immediately give the age game away. Skin here is thinner with less support structure, and therefore more prone to the ageing effects of gravity – hello jowls! Vichy Neovadiol Phytosculpt Neck & Face Contours, £32, Boots, will help improve elasticity. Once the balm is massaged in it cools, creating an invisible corset effect that tightens, lifts and firms.**

## *Gadget show*

Microcurrent stimulation helps to retrain muscles that have lost tone and gets the blood pumping, like an aerobic workout for your neck. **Magnitone Lift Off Microcurrent Facial Toning Device, £89, magnitone.co.uk,** sends electrical currents deep into the skin to exercise your muscles and keep things tight and supple. Yes it's an investment, but similar, one-off facials can cost over £100, so the cost per use is a no-brainer. Plus it's easy to fit into your evening regime – you can work over your whole face in five minutes.

TREAT YOURSELF

MAGNITONE
LONDON

AVON
planet spa
Heavenly Hydration
with Mediterranean Olive Oil
Uplifting Neck & Chest Serum
à l'huile d'olive de la Méditerranée
Concentré raffermissant
Cou & Décolleté
50 ml ℮

## *Plump it up*

Your regular moisturiser isn't going to make any long-term impact on crepey areas, but loading them with hydration will plump out wrinkles and smooth the look of them temporarily. Enriched with deeply hydrating Mediterranean olive oil, **Avon Planet Spa Heavenly Hydration Uplifting Neck & Chest Serum, £4, avon.uk.com,** makes everything look less crinkly.

## *Shrink a double chin*

**Contouring make-up is to the face what Spanx underwear is to your body, emphasising your good bits and disguising those you're not so fond of. To help make a double chin less obvious, use a fluffy brush and swirl it along your jawline, and buff down each side of the neck. A matte finish like Autograph Powder Matte Bronzer, £12.50, M&S, gives a natural effect. And to make uneven patches on the chest look better in seconds, simply dot and blend Rimmel London Hide the Blemish Concealer, £4.99.**

## Protect and glow

The results might not be visible in minutes, but the act of applying sunscreen below the chin takes mere seconds and is proven to slow the breakdown of collagen and keep the skin nice and taut. **Soltan Brightening Protect & Moisturise Facial Sun Care with Vitamin C SPF50, £5.50, Boots,** feels deeply moisturising and turns up the skin's glow.

Boots
Soltan
Brightening
PROTECT & MOISTURISE FACIAL SUN CARE
C WITH VITAMIN C
UVB HIGH SPF
UVA ULTRA
50
UVA
ULTRA
Moisturising & Hydrating
Light & easily absorbed
50 ml ℮ 1.69 Fl. Oz.

## The five-minute facelift

**Lifting your skin is as much to do with application as it is about ingredients. Apply your creams using upward, sweeping motions to encourage lift. Facialist and skincare expert Michaella Bolder shares her anti-gravity neck and jawline massage to keep your muscles strong and remove tension:**

- **After cleansing, warm up a facial oil between your hands to help activate the ingredients, then spread it evenly across your face and neck.**
- **To sculpt the jawline, bend your first and middle fingers at the knuckles on both hands to make a V shape, then working both sides of your face at the same time rest your index finger underneath your chin and your middle finger on top. Using a deep pressure glide along your jaw finishing just underneath the ears. Repeat 15 times.**
- **Next turn your head to one side and flatten your hand over the cheek, low down on the jaw. Then roll your hand up and over the cheekbone in a fast sweeping motion, one hand after the other, so you are pushing the cheek up towards the eye. Repeat 30 times on each side.**
- **Repeat the entire routine three to four times in one session.**

## Get buff

If you let old skin cells build up, your complexion will look dull and tired. And that also applies to your neck – it's important to slough dead skin from below the chin, too. Sweep a liquid exfoliant across the neck and décolletage; **Liz Earle Smooth & Glow Exfoliating Tonic, £20, Boots,** is enriched with prickly pear, a gentle acid alternative, to help improve skin texture.

LIZ EARLE
SMOOTH & GLOW™
Exfoliating Tonic
Transforms texture & minimises the look of pores for brighter skin
EFFECTIVE • ETHICAL • KIND
NATURALLY ACTIVE INGREDIENTS
Prickly pear, acerola cherry and sea buckthorn
CRUELTY FREE
200 ml ℮ 6.7 Fl. Oz.

WORDS: STEPHANIE MAYLOR. MAIN PHOTO (POSED BY MODEL): GETTY

# GETTING OUT OF THE RED

## With nearly half of Brits in debt, we speak to two women who turned their lives around and are now more successful than ever

**Debt is something that can affect us all – whether it is borrowing money to redecorate your house, or putting a bit of shopping on a credit or store card. We all have good intentions to repay loans, but sometimes debts can mount up. The national debt average stands at just shy of £16,000, but for parents across the UK with children under the age of 18, it is even higher, at £17,402. We meet two women who prove that there is life beyond debt…**

**For advice on how to better manage your debts and repayments, go to stepchange.org.**

## *'It's a great sense of achievement'*

**Joanne Colley, 42, lives in South Woodford with her husband Alex, 40, and their sons Reggie, eight, and Heath, seven.**

Looking through my and my husband's joint bank statements, I sighed. Our debts had stacked up into thousands and I knew we couldn't keep avoiding them.

### SPENDING ON CREDIT

We'd started borrowing money here and there shortly after our son Reggie was born in June 2014. I'd gone back to work as an accountant and after we had our son Heath the following year, we moved from our two-bedroom flat into a house, spending thousands on a kitchen and loft extension and putting most of it on credit cards. Alex and I both had good jobs and believed we could pay it back in a few years. But I found work and the kids a lot to manage. So, in September 2016, I quit my job and Alex became the sole earner as a self-employed graphic designer.

We kept borrowing, and by 2018 our debts were £40,000 – some on credit cards, some I'd borrowed from a relative. 'As long as we keep up the minimum repayments each month for the next two years, we'll be fine,' I told Alex.

Meanwhile, in March 2018, the boys came home from nursery one day with A4 sheets of paper with exercises on them so they could practise writing and tracing letters and numbers. The exercises were so basic and uninspiring, all in black and white, and I wondered if I could try to make something a bit more colourful for Reggie, then three, and Heath, two. So I set about designing a wipeable mat, printing my designs off at home and laminating them. I started selling them to friends, at £5 each, and set up a simple website. When we found ourselves in lockdown in March 2020, I started advertising on Facebook. With everyone homeschooling their children, my timing was perfect.

**'MY IDEA CHANGED OUR LIVES'**

### MAKING A PROFIT

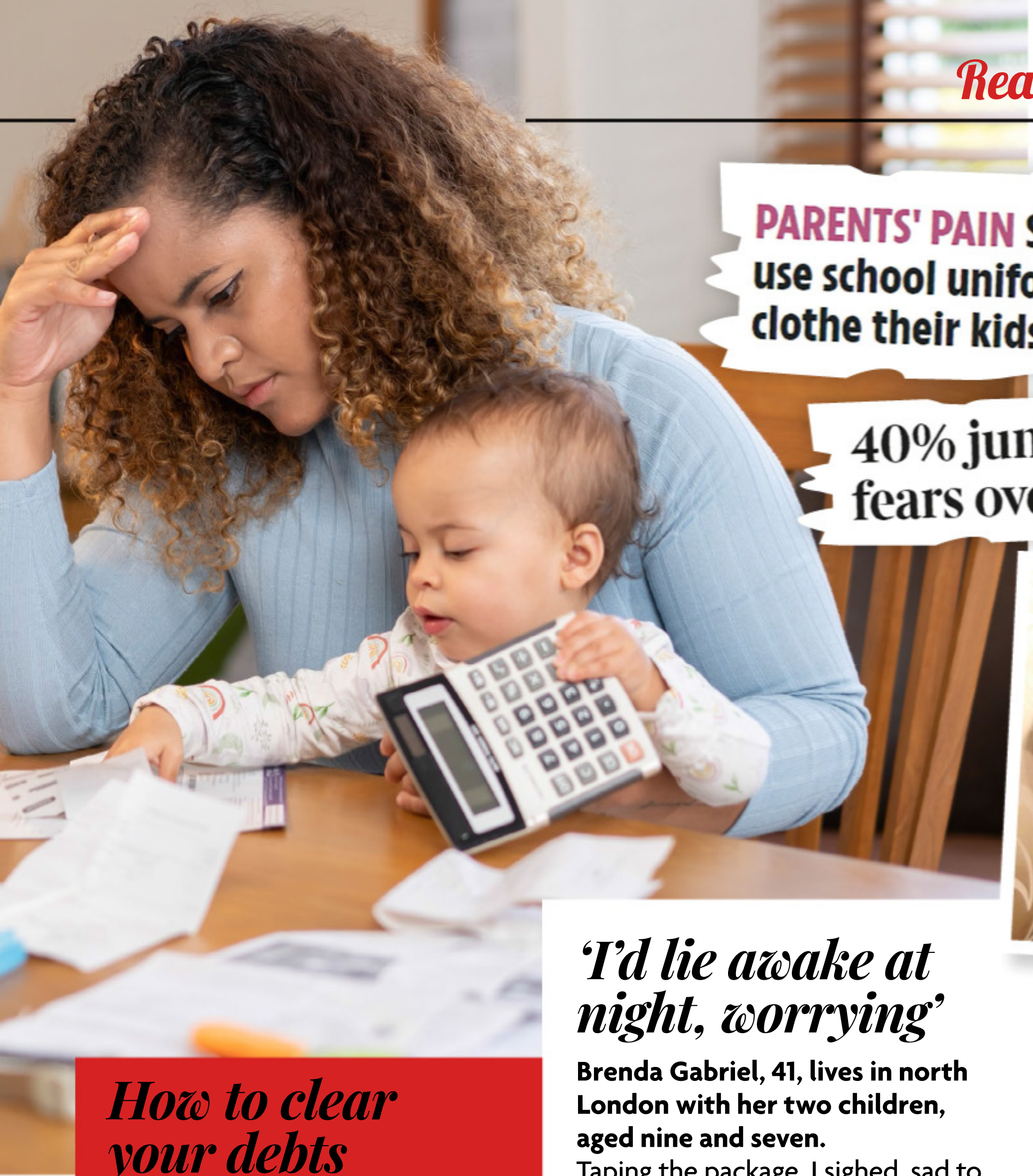
By June 2020, with almost 1,000 outstanding orders, I was up printing, laminating and packing at 5am every day and in that year, we had a six-figure turnover. 'I can't believe it,' I cried to Alex.

While things have steadied, I'm still doing well. I'm making £40,000 profit a year and have employed someone. I've paid off our debts, clearing the credit cards and paying back the family member. It's a great sense of achievement. I'm so proud that my little idea has taken off and changed our lives for the better.

**✣ mylittlelearner.co.uk**

Joanne saw a gap in the market

WORDS: MISHAAL KHAN. PHOTOS: KELLY HILL AT POCKET CREATIVES, THE SUN/NEWS LICENSING, THE TIMES/NEWS LICENSING, GETTY



**PARENTS' PAIN** Struggling parents forced to use school uniform banks & can't afford to clothe their kids during cost of living crisis

40% jump in family debt raises fears over impact of rate rise

## *How to clear your debts*

**Emma Prince, financial adviser at Quilter, gives her top tips on how to manage debt:**

- **Create a budget and stick to it. Add up your income and expenses, categorise into essentials and non-essentials and make cuts where you can.**
- **Prioritise problem debts – those that are urgent, potentially resulting in eviction or court action. Then move on to other debts and prioritise those with the highest interest rates.**
- **Discuss your options. Talk to your lender(s), as they may offer to put you on a lower interest rate. Also, shop around with energy, broadband and other suppliers to get the best deal. Small savings can add up.**
- **For more information, go to quilter.com**

## *'I'd lie awake at night, worrying'*

**Brenda Gabriel, 41, lives in north London with her two children, aged nine and seven.**

Taping the package, I sighed, sad to part with my favourite designer handbag that I'd treated myself to for my 30th birthday the year before. It was December 2014 and the bag had been an investment, but I needed the money, so it had to go.

### MOUNTING COSTS

When I took voluntary redundancy from my job as a civil servant in 2013, I was eight months pregnant. I decided to set up my own marketing and social-media business online, and I put aside £15,000 from my redundancy to cover everyday expenses. But I quickly realised it wasn't going to last very long with a baby. Plus, business was slow and I was only making £400 per month. Selling my handbag seemed like the sensible thing to do to get some cash. I invested the money in a business coach. But meanwhile, with the costs that came with raising a child, and another born the following year, I ended up borrowing more money and putting more on credit cards.

Brenda's business is now thriving

The stress of my financial situation, on top of raising two children, took its toll. I was physically and mentally exhausted. At night, when I wasn't taking care of one of my babies, I lay awake worrying.

'THE STRESS TOOK ITS TOLL'

### STRUGGLING TO PAY

By the end of 2015, I had £7,000 on credit cards, a £3,000 overdraft and £5,000 with a debt-management company, totalling £15,000. I got a Saturday job at an estate agent, which helped a little, but making repayments was still a struggle. My business was growing, but it was gradual so, in 2017, I invested a further £15,000 into training and another business coach. Luckily, it paid off – within a year I went from earning £30,000 to just over £100,000, meaning I could repay what I owed. It was such a great feeling being able to treat myself to a new Burberry mac, and my children to a holiday in Turkey.

I'm very lucky that my investments paid off, but the best thing you can do if you're struggling to make repayments is ask for help. Debt is something that affects us all, but it doesn't need to stop you achieving your dreams.

**brendagabriel.co.uk**

# BRILLIANT BAKES FROM THE HAIRY BIKERS

**Your favourite cookery duo share tasty new treats**

**PREP TIME:** 20 MINS
**COOK TIME:** 20-25 MINS, PLUS COOLING
**CALS:** 502 **FAT:** 27G
**SAT FAT:** 14G **CARBS:** 56G

**TIP** IF THE MIXTURE LOOKS OILY AFTER ADDING THE EGGS, WHISK VIGOROUSLY UNTIL STICKIER.

# *Biscoff brownies*

**MAKES 9 SQUARES**

Layer up the ingredients for melting. If you simply chuck everything in, the sugar doesn't dissolve properly and you don't get the right texture. Yes, we're bossy but you love us!

### YOU WILL NEED

75g plain flour
½tsp baking powder
150g butter, diced
250g caster sugar
75g dark chocolate, broken up
85g cocoa powder
2 eggs
1tsp vanilla extract
**Additions:** 9 or 10 Biscoff biscuits
150g Biscoff spread (smooth or crunchy)
**You will need:** 20x20cm square brownie tin, lined with baking paper

### HOW TO DO IT

1 Heat the oven to 140C Fan/Gas 3. Mix the flour and baking powder together with a generous pinch of salt. Put the butter in a heatproof bowl. Pour the sugar over it, then add the dark chocolate and cocoa powder. Set the bowl over a saucepan of simmering water, stirring occasionally, until the butter and chocolate melt and most of the sugar has dissolved. Cool for 5 mins.

2 Beat in the eggs, one at a time, making sure they are completely amalgamated. Stir in the vanilla extract, then the flour mixture until no white streaks remain. Continue beating for 1 min until you have a smooth, glossy batter that's just about pourable.

3 Arrange the biscuits over the base of the brownie tin. Pour over the brownie batter and smooth the top as evenly as possible.

4 Drop teaspoons of Biscoff spread over the batter and swirl with the palette knife or a cocktail stick.

5 Bake in the oven for 20–25 mins until they have a crisp coating and a skewer comes out with crumbs sticking to it. Cool completely in the tin before cutting it into squares.

6 If you can bear to wait, put the brownies in the fridge overnight as this will really improve their texture, then transfer them to an airtight tin.

**PREP TIME:** 20 MINS
**COOK TIME:** 20-25 MINS
**CALS:** 388 **FAT:** 15G
**SAT FAT:** 9G **CARBS:** 56G

# *Spiced plum brown betty*

**SERVES 4-6**

This is an old favourite but ours is full of spice. We like to layer up the topping and filling so you get a nice mix of textures – crispy on top and lovely and soft and chewy in the middle.

### YOU WILL NEED

**For the topping:**
225g brown bread, roughly torn
100g butter, melted, plus extra for greasing
75g light soft brown sugar
25g demerara sugar
¼tsp ground cardamom
¼tsp ground cinnamon
¼tsp ground cloves
**For the filling:**
50-75g caster sugar (depending on how sweet the fruit is)
¼tsp ground cardamom
¼tsp ground cinnamon
¼tsp ground cloves
1tbsp cornflour
1kg ripe plums, pitted, cut into wedges
Custard, cream or ice cream (to serve)
**You will need:**
Deep, ovenproof dish, buttered

### HOW TO DO IT

1 Heat the oven to 160C Fan/Gas 4. For the topping, blitz the bread into breadcrumbs. Don't make them too fine – they should be quite a coarse texture for this dish. Add the melted butter, sugars, spices and a pinch of salt. Mix until the breadcrumbs look glossy with butter and are starting to clump together.

2 For the filling, mix the sugar, spices and cornflour together. Add the plums and stir until coated.

3 Arrange half the fruit over the base of your dish. Sprinkle over half the topping mixture, then repeat with the remaining fruit and topping.

4 Bake for 20-25 mins until the plums are bubbling and the topping has crisped up. Serve with custard, cream or ice cream.

**TIP SWAP THE PLUMS FOR APPLES OR PEARS AND THEN COOK UNTIL TENDER.**

**TIP FOR THE ICING, YOU ARE AIMING FOR A RELUCTANT DROPPING CONSISTENCY, BUT ON A HOT DAY IT MIGHT BE RUNNIER.**

**PREP TIME:** 25 MINS
**COOK TIME:** 25-30 MINS, PLUS COOLING
**CALS:** 452 **FAT:** 9G
**SAT FAT:** 48G **CARBS:** 48G

# Hummingbird cake

**SERVES 8-12**

The pineapple and banana make for a lovely moist texture, topped off with a delicious cream cheese icing. They'll be queuing up for this.

## YOU WILL NEED

250g self-raising flour
½tsp baking powder
½tsp ground cinnamon
¼tsp ground cloves
Grating of nutmeg
3 eggs
150g light brown soft sugar
1 tsp vanilla extract
Zest of 1 lime
175ml sunflower oil
3 bananas, mashed
150g pineapple, finely chopped (canned is fine)
50g walnuts or pecans, finely chopped
**For the icing:**
100g butter, softened
150g icing sugar
A few drops of vanilla extract or zest of 1 lime
200g cream cheese
**To garnish (optional):** 50g walnuts or pecans, very finely chopped
**You will need:** 2 x 20-21cm sandwich tins, greased and lined with baking paper

## HOW TO DO IT

1 Heat the oven to 160C Fan/Gas 4. Put the flour, baking powder and spices into a bowl with a generous pinch of salt and whisk briefly to combine and get rid of any lumps.

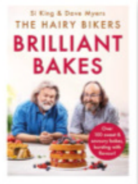
2 Put the eggs, sugar, vanilla extract and lime zest into a bowl and whisk until really well aerated. Beat in the sunflower oil, then fold in the flour mixture, mashed bananas, chopped pineapple and nuts. Divide evenly between the tins – weigh the mixture if you want precision and a very even bake – and smooth it down.

3 Bake the cakes for 25-30 mins until the sponge is a good colour and well risen. It should also have shrunk slightly away from the sides of the tin. Leave the cakes in the tins to cool.

4 For the icing, put the butter in a bowl with a pinch of salt and beat until soft and pale. Gradually add the icing sugar, a couple of tablespoons at a time. Add the vanilla extract or lime zest, then beat in the cream cheese until smooth. Chill for at least 1 hr until firmed up to a spreadable consistency.

5 Spread a third of the icing over one of the cakes, then top with the remaining cake. Spread a thick layer of icing on top of the cake, then use any remaining icing on the sides, working from the bottom up with a metal spatula and applying thinly.

6 Smooth the top of the cake down and sprinkle with the nuts, if using.



*The Hairy Bikers Brilliant Bakes* by Si King and Dave Myers (£25, Seven Dials)

PHOTOS: ANDREW HAYES-WATKINS

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# Supermarket SAVERS

## Our round-up of the best deals this week

SAVE £17.50

## *Fancy a cuppa?*

**Swapped from branded to supermarket-own tea to save some pennies? Try these tips to get the perfect brew.**

### MUGS MAKE A DIFFERENCE

Choose the right type of mug to conduct heat and keep your drink hot, without affecting the flavour. Glass, china and porcelain are all smooth, non-porous and won't alter the taste of the tea.

### STEEP FOR SUCCESS

For black tea, leave to brew for around four minutes, depending on how strong you like your cuppa. More delicate green tea only needs around two minutes at a lower temperature. Don't leave any tea for too long though, as this can result in unpleasant bitterness. For best results, add milk after brewing.

### SEAL IN THE STORE CUPBOARD

Store tea in an airtight container so that tea bags don't take on any other flavours from your cupboard. If left in an open bag they're more likely to become tainted.

**✣ Tips from Jake McMullon, expert tea buyer and blender at Ringtons**

WORDS: GEORGIA SPARKS. MAIN PHOTO: GETTY

## *3 great deals for your trolley!*

### THAT'S NUTS

**Pip & Nut Smooth and Crunchy Peanut Butter (300g), Waitrose & Partners**

SAVE UP TO £10

### FREEZER FILLERS

**Choose five items from over 80 products for just £10, Ocado**

### BARGAIN BRANDS

**Young's Gastro Lemon & Pepper Fish Fillets (two pack) and Greggs Sausage & Bean Melts (two pack), both Iceland**

WAS £4
NOW £2
WAS £3
NOW £2

SAVE £2
TREAT YOURSELF

## *Ditch the diet*

**Get ready for Easter with Iceland's two for £8 deal. Choose from Mars Celebrations Extra-Large Egg (£5, 305g), Galaxy Ripple Large Egg (£5, 286g) and Maltesers Bunnies Egg (£5, 265g).**

## *Use it up!*

**Making the Hummingbird cake on p34? Use up any leftover cream cheese to make one of these tasty ideas…**

**ADD a little to scrambled eggs for a lovely richness and a fluffier, creamier result.**

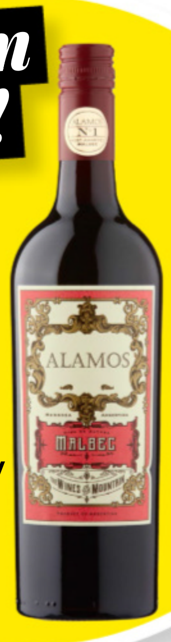
**STIR into pasta with a splash of reserved pasta cooking water to create a quick creamy sauce. Add herbs, and season for an extra flavour boost.**

**MIX with crumbled goat's cheese or feta and use as a dip for crisps.**

**TIP CREAM CHEESE CAN BE FROZEN FOR UP TO TWO MONTHS. FREEZE IN SMALL BATCHES TO AVOID WASTE.**

## *Bargain booze!*

**Alamos Malbec WAS £9, NOW £7.50 at Sainsbury's. Made from grapes grown in the foothill of the Andes mountains, this Argentinian red has hints of dark cherry and blackberry, with a long and lingering finish.**



# MONEY matters

**Our expert Rebecca Gamble helps make your cash go further**

## READER QUESTION

**Q We're finally in a position to buy our own house – how long do mortgage offers last for?**

A This varies by lender, but mortgage offers usually last between three and six months. However, some financial companies start the clock when the offer is issued. Other lenders may count the time from the application date. And others will have completion deadlines instead. So ensure you check this carefully.

## Go green for less

**Got a stash of used printer cartridges at home? Then you could get money for recycling them. There are lots of companies such as inkviro.co.uk that will pay you to take them off your hands. Before choosing which company to use, check how much you should get for your cartridges, and be sure to read the reviews and T&Cs.**

## 3 easy ways to...

## find the best savings account

**Make sure your hard-earned cash isn't languishing in an account that gives little or no returns. Here's how to identify the best place for your money**

### 1 DO YOUR RESEARCH

Check regular savings accounts: these can offer higher rates than you might find elsewhere, but you may need to have a current account with the same provider and there are usually limits on how much you can pay in each month. While some banks' current accounts pay attractive rates of interest, you might need to pay in a minimum monthly amount to qualify.

### 2 WHEN WILL YOU NEED THE CASH?

It's vital to consider when you'll require access to your money. For example, fixed-rate savings accounts may offer higher rates if you're happy to tie up your cash for a year or more, but you can't usually withdraw it until the end of the term. Easy-access accounts offer lower rates, but you can withdraw money whenever you want. Note that some accounts will pay less interest if you make a certain number of withdrawals, so always check the T&Cs.

### 3 CAN YOU SAVE MORE?

If you're aged 18-39 you can open a Lifetime ISA and put in up to £4,000 each year until you're 50 towards buying your first home or for your retirement – and the government will add a 25% bonus on your savings, up to a maximum of £1,000 a year. See gov.uk/lifetime-isa. Help to Save savings accounts enable certain people entitled to Working Tax Credit or receiving Universal Credit to get a bonus of 50p for every £1 they save over four years. For more details visit gov.uk/get-help-savings-low-income.

PHOTOS (POSED BY MODELS): GETTY. *RESEARCH FROM GO.COMPARE.

## NEED TO KNOW

# How to save money on fuel

### SHOP AROUND

Don't waste time and fuel by driving around to find the cheapest petrol station. Look online instead. Try using Go.Compare's tool (gocompare.com/motoring/guides/petrol-prices) or the website petrolprices.com. But it's important to factor in how far away the cheapest fuel is. Fuel can cost less at supermarket forecourts, compared with petrol stations owned by oil companies, and you may be able to make extra savings by using a supermarket loyalty card.

### BE MORE FUEL EFFICIENT

Is your car boot crammed with heavy items such as a pram or sports equipment? You can save on fuel costs by having a good clear-out.

### CAN YOU IMPROVE YOUR DRIVING HABITS?

According to the RAC's Simon Williams, the best tip for fuel-efficient driving is getting rid of the 'heavy right-foot habit'. He says while there's no specific driving speed that's optimum for fuel economy, gentle acceleration and deceleration, and keeping a consistent speed within the speed limit makes for fuel-efficient and safe driving. For more tips visit themoneyedit.com.

**58%**

**OF BRITS ANTICIPATE A DIFFICULT YEAR FINANCIALLY***

## Top tip!

**Have you heard about BorrowBox? It's an app that enables you to access e-audiobooks and e-books for free if you're a member of a local library that uses BorrowBox – the site says most UK public libraries will have it. Find out more details at borrowbox.com.**

## Deal of the week

100% NATURAL ORIGIN
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LAVENDER & GERANIUM
SHAMPOO BAR

There's a 25% discount for *Woman's Own* readers on Faith In Nature's range of haircare and bodycare products. This includes its Lavender & Geranium shampoo bar (85g), which uses the calming benefits of lavender to relax the mind and soothe the scalp. The shampoo bar was £7 and is now £5.25 when you use discount code FINMAG25 at the checkout at faithinnature.co.uk. But get in quick – offer ends 13 March 2023.

**T&CS** CANNOT BE USED IN CONJUNCTION WITH ANY OTHER OFFER. OFFER EXCLUDES HOUSEHOLD, GIFT SETS, BUNDLES AND SETS, AND 100ML BOTTLES. OFFER ENDS MIDNIGHT, MONDAY 13 MARCH 2023. FREE UK DELIVERY WHEN YOU SPEND £30. OFFER CORRECT AT TIME OF GOING TO PRESS.

## If you do one thing...

**CHECK FOR UNCLAIMED BENEFITS**

**Make sure that you're not one of the millions of people who are missing out on benefits you're fully entitled to. You can quickly check by using a benefits calculator, such as those at turn2us.org.uk or entitledto.co.uk. These tools will give you an estimate of the benefits you could receive and how much the payments could be. For further information visit gov.uk/benefits-calculators.**

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# I LET MY NINE-YEAR-OLD DRESS ME!

## Julie Cook, 45, braved her daughter's outfit choices, but could she wear them in public?

**My daughter Adriana, nine, is fashion mad. She knows all the designer brands and can recognise a Louis Vuitton handbag at 100 paces. As such, she's always giving me fashion advice, saying I need to jazz up my wardrobe. 'You're so un-iconic, Mum!' is her refrain.**

She begged and begged to dress me in a few days' worth of outfits. Was I really that brave? I'm a beige polo neck and smart jeans kind of woman. I'm 45 for goodness' sake. My daughter's idols wear threads of material as tops, I like an M&S cashmere jumper. Still, I fancied a giggle. Here's how we got on...

Young Adriana chose outfits for mum Julie

### Look one

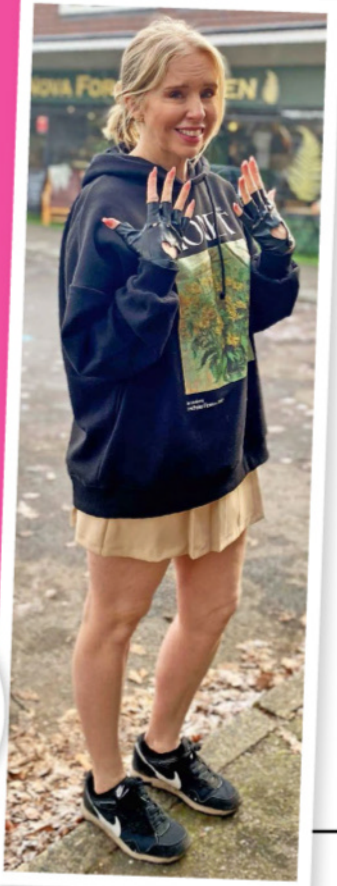
**Black hoodie, beige miniskirt, black fingerless faux-leather gloves and trainers**

Adriana and I go shopping. 'This is fantastic!' she squeals as I try on a micro-skirt that looks more like a belt, a huge hoodie and fingerless, leather-look gloves.

Back home, when my husband Cornel, 42, catches sight of me, he spits his tea out. 'You look like an overgrown teenager!' It's how I feel too. But the task is to wear this stuff and so I wander around the local shops, hoping no one recognises me.

When I get home, I jam the clothes into an already burgeoning bag destined for the charity shop. Maybe someone else will love them more than me.

**ADRIANA'S VERDICT:**
**4/5**
**MY VERDICT:**
**1/5**

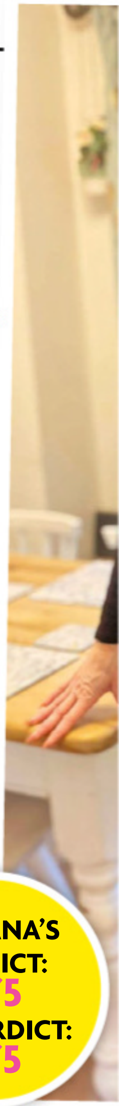


### Look two

**Black crop top, black baseball cap and chocolate leather-look trousers**

My stomach has seen better days. After two kids, one of which was a caesarean, and recent gallbladder surgery, I never show my midriff. 'It looks iconic!' Adriana cries, popping a black baseball cap on my head. The leather-look trousers feel hot the minute I put them on. And tight. 'I can't wear these for long,' I groan. Still, I manage a few hours in the look and even pop to the postbox with Adriana, who giggles as teenagers do a double take.

**ADRIANA'S VERDICT:**
**5/5**
**MY VERDICT:**
**3/5**



## Look three

**Black top and orange wide-leg jeans**

This is something that I could get on board with and is reminiscent of something I'd have worn in the 1990s. The jeans are comfy and the black top is pretty basic. Adriana shakes her head as I wear it to do the school run. 'I regret this choice – too safe,' she says. I think she's only saying this because she can see the relief on my face.

ADRIANA'S VERDICT: 3/5
MY VERDICT: 4/5

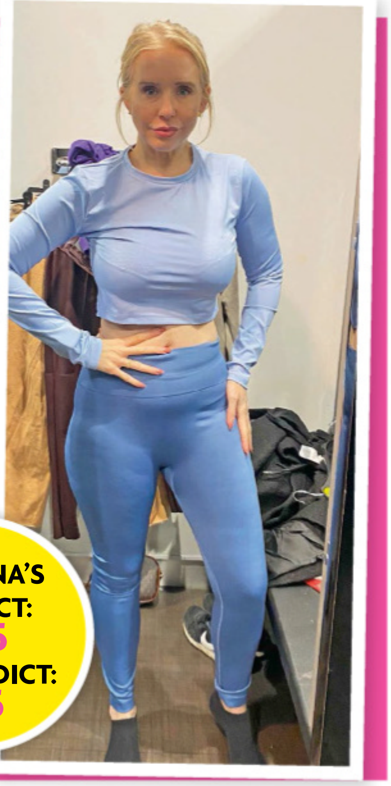
## Look four

**Blue Lycra gym wear**

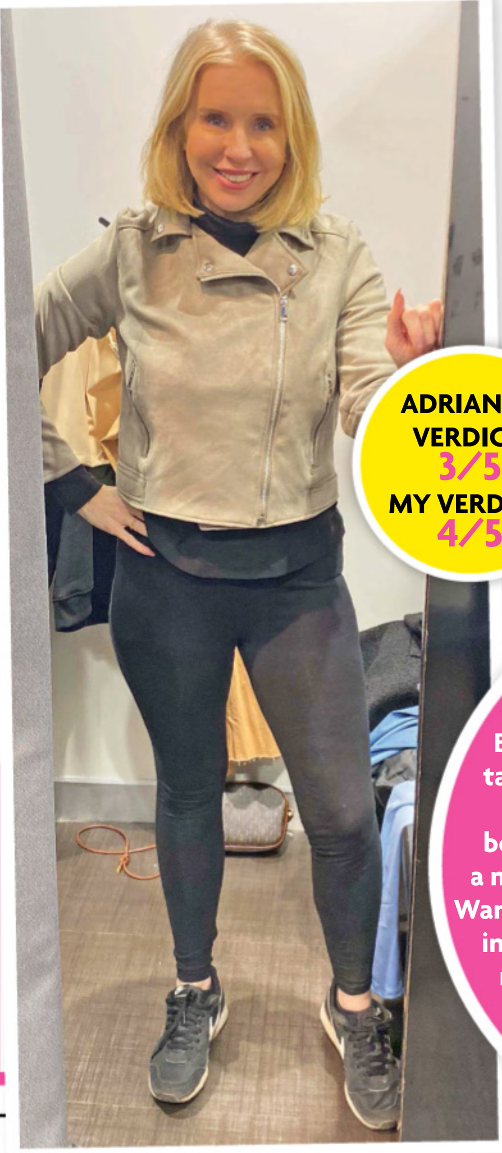
'Hmmm... you might need to work out more for this look,' my daughter tells me with the honesty that only kids can get away with, as I pour myself, cellulite and all, into a tight two-piece that almost makes me stop breathing. We're shopping again and Adriana is having too much fun watching me try things on.

I swim daily, but nothing can stop the midlife lumps, bumps and cellulite that come in the fourth decade. 'I look ridiculous,' I sigh.

I wear it around the changing room and even walk out on to the shop floor before scurrying back. 'Not brave enough, sorry,' I tell my daughter. 'Shame,' she replies. 'It's very cool.'



ADRIANA'S VERDICT: 4/5
MY VERDICT: 1/5



## Look five

**Suede cropped jacket, leggings and trainers**

Finally, something I feel at home in. The suede jacket is in my colour scheme – beige! And the leggings are pretty safe, too. Adriana pleads with me to try this with shorts instead of leggings, but I decline. 'I'd be arrested for crimes against fashion!' I joke. This outfit is one I could wear in 'real life' and something we both agree is appropriate for my age.

ADRIANA'S VERDICT: 3/5
MY VERDICT: 4/5

## The final say

Being dressed by your nine-year-old takes courage and trust. Her icons are young 20-somethings with perfect bodies that look good in anything. I'm a mum-of-two with 45 years behind me. Wandering around the local shops dressed in a micro-skirt and hoodie wasn't the most enjoyable moment of my life. Still, it was a great laugh and taught me to step out of my comfort zone once in a while.

# 30 BUDGET B

## Give your home a fresh new look without breaking the bank

COMPILED BY: ESME CLEMO. PRICES CORRECT AT TIME OF WRITING

Lobster cushion, £7, George Home

Stoneware dispenser, £12.99, and toothbrush mug, £8.99, both H&M

Tumbler, £1.50, B&M

Bobble candle, £3.99, Homesense

Glasses tray, £12.50, Oliver Bonas

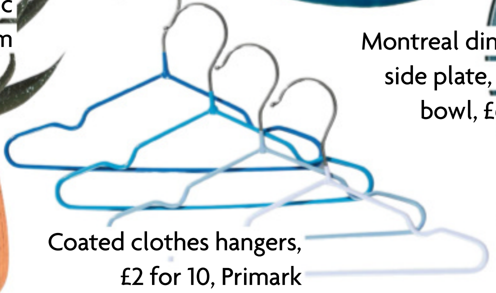
Blue Tile bath mat, £10, George Home

Teal glass bud vase, £7.49, Gisela Graham

Ombré ceramic base light, £8, Primark

Orange super-soft cotton towels, from 80p each, George Home

Cacti in ceramic pot, £6, Dunelm


Coated clothes hangers, £2 for 10, Primark

Montreal dinner plate, £6, side plate, £5, and pasta bowl, £6, all Dunelm

# UYS

## ALL UNDER £15

Roasting dish, £14, Argos

Coral Life duvet set, from £11, George Home

Hanging terracotta pot, £7.99, Homesense

Watering can, £8, Homesense

Habitat seat cushion, £11, Sainsbury's

Splatterware mug, £13, Sass & Belle

Chill Waves poster (without frame), from £8.95, Desenio

Woven basket, £7, Primark

Dash plant pot, £12.50, Oliver Bonas

Throw, £12.99, Homesense

Tumblers, £9 for four, Matalan

Washed-linen cushion cover, £9.99, H&M

Coaster, £2, Primark

Hanging glass candle, £12, B&M

Wooden hooks, £12.99 for three, H&M

Calton Hill offers superb city views

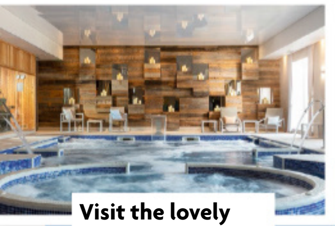
# STAYS OF THE STARS

Many celebs adore holidaying in the UK. Here's where they go and why

## Cornwall

Don't be surprised if you spot the odd A-lister around one of Britain's most beautiful counties. Chef Gordon Ramsay has owned various holiday homes here, and you might also see stars like singer Peter Andre, *Loose Women* presenter Nadia Sawalha or *Strictly* dancer AJ Pritchard on what's known as the Cornish Riviera.

✣ **STAY:** Former Corrie actor Helen Flanagan recently stayed at the four star St Michael's Resort in Falmouth. Stay for three nights for the price of two in March, including breakfast, from £240pp, stmichaelsresort.com.



Visit the lovely Gyllyngvase beach

## North Wales

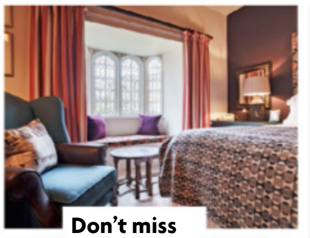
Lush, green and rugged, this region's natural beauty has appealed to holidaymakers for centuries, but it also hosted the UK-based *I'm a Celebrity* at Gwrych Castle near Abergele in Conwy. As a result, locals will have spotted stars such as Ant and Dec, Vernon Kay and David Ginola. But other celebs like it here, too, including Wayne and Coleen Rooney, who've taken their family to the beach resort of Abersoch, and *The Walking Dead* star Andrew Lincoln, who's been spotted surfing in Snowdonia.

✣ **STAY:** Experience a bit more luxury than the *I'm a Celeb* stars with a spa break at The Kinmel in Abergele, including B&B, lunch, dinner and spa treatment, from £195pp, thekinmel.co.uk.

## The Cotswolds

With its postcard-perfect villages and towns, the Cotswolds has long been a popular choice of the rich and famous. Browse the high streets of places such as Bibury, Burford or Bourton-on-the-Water and you'll pass honey-coloured houses, antique shops and tearooms (and perhaps spot Amanda Holden, who has a home in the area). Members-only Soho Farmhouse in Chipping Norton is a celebrity magnet too.

✣ **STAY:** Cosy up at The Manor House in Moreton-in-Marsh, a 16th-century manor house. From £190 B&B, cotswold-inns-hotels.co.uk.



Don't miss Bourton-on-the Water

## Edinburgh

Stunning architecture and a varied food and drink scene – you'll find everything from Michelin-starred restaurants to underground whisky bars – has made Scotland's elegant capital city a go-to destination for many. Perched at the top of the Royal Mile, its historic Castle dominates the skyline, and leads right down to the Palace of Holyroodhouse. However, it's the main road of Princes Street that's best for celeb watching. Historic hotel The Balmoral has played host to uber-famous guests including David Beckham and Paul McCartney, while J.K. Rowling wrote the last book of the Harry Potter series here, in room 552, now known as the J.K. Rowling Suite.

✣ **STAY:** Dating back to the 1900s, the Hilton Edinburgh Carlton forms part of the city's North Bridge, linking the Old Town to the city centre. Located at one corner of the Royal Mile, near the sprawling Waverley station, it's the perfect base for exploring. From £135pn room only, hilton.com.

## Northern Ireland

**Experience the impressive Titanic Belfast**

This cinematic location regularly pops up in films and TV, whether it's as the setting for *Derry Girls,* James Nesbitt thriller *Bloodlands* or Kenneth Branagh's *Belfast*. Actor Gillian Anderson also stayed at the Culloden Estate while shooting *The Fall*. You'll find some of the most dramatic scenery in the UK, whether it's the breathtaking Giant's Causeway, with its interlocking basalt columns, or the magical Marble Arch caves. Belfast is also home to the Titanic museum, while other sights include Dunluce Castle and the Ards Peninsula.

✣ **STAY:** Enjoy boutique-style rooms at the elegant Ten Square Hotel in Belfast, overlooking City Hall, and just a five-minute drive from the Titanic Quarter. The 19th-century building's exterior features carved portholes, with reliefs of figures including George Washington, Isaac Newton, Michelangelo and William Shakespeare. From £140pn, tensquare.co.uk.

✣ **Always check the latest travel advice before booking a trip**

WORDS: LAURA MILLAR. PHOTOS: GETTY, ALAMY.
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Woman's Own

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- Porterage where available
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- After-dinner tea and coffee at the hotel
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| Beauty & the Beat - Tales from the Mersey | 2 Jul 2023 | 5 | **£775pp** |
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| Devon's Past Mysteries Revealed | 1 Oct 2023 | 6 | **£925pp** |
| Christmas Time at the Castles of Kent | 3 Oct 2023 | 5 | **£775pp** |
| A Festive Break in Charming Cheshire | 7 Dec 2023 | 4 | **£525pp** |

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# Puzzle BREAK 1

## CLUES & ARROWS

Fill in the clues in the direction of the arrows.

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| Certain, definite | ▼ | Boring | ▼ | Soft fruit with a stone | ▼ | Total up | ▼ | Facts and figures | ▼ | David _, *Heroes* singer |
| ▶ | | | | Creature on the Welsh flag ▶ | | | | | | |
| Device that shows the time | | Be in debt | | Family | | *Twister* actor, _ Hunt | | Spoilt child | | Use a keyboard |
| ▶ | | ▼ | | ▼ | Usual behaviour ▶ | ▼ | | ▼ | | ▼ |
| Change colour of cloth | Colour of milk ▶ | | | | | | *Star Wars* character ▶ | | | |
| ▶ | | | Asian country | | Dogs with long ears | | Revises text | | Star sign for July-August | |
| Sign of damaged hair (5,3) | Turn over the soil | Lucy _, *Kill Bill* actor | ▼ | Ladybird, for example ▶ | ▼ | | ▼ | | ▼ | |
| ▶ | ▼ | ▼ | | | | | | Stop, halt | | Homes for birds |
| Fib ▶ | | | | Rent | | Religious image ▶ | | ▼ | | ▼ |
| ▶ | | | | ▼ | | | | | Not liquid or solid | |
| Gareth _, England manager | | No points ▶ | | | | Droops ▶ | | | ▼ | |
| Makes a sound like a bell | | Greek god of war ▶ | | | | | Took a chair ▶ | | | |
| ▶ | | | | | | Loch _, Scottish lake ▶ | | | | |

## Sudoku

To solve the puzzle, each 3 x 3 box, each column and each row must contain the numbers 1 to 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | 1 | | | | 5 | | | 2 |
| | | | | 9 | 7 | 1 | 8 | |
| | 8 | 2 | | | | 9 | | 5 |
| | | 6 | 1 | 2 | | | | |
| | 9 | | 5 | | 4 | | 7 | |
| 2 | | | | 8 | 6 | 5 | | |
| 8 | | 4 | | | | | | 9 |
| | 5 | 1 | 9 | | | 6 | | |
| 9 | | | 3 | | | | 1 | |

## Wordsearch

**Ole Martin Ystgaard is credited as the originator of which style of cheese? The answer is the one missing from the grid.**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| U | R | D | A | Z | E | A | I | S |
| W | I | O | E | I | D | M | I | T |
| C | C | K | R | U | U | R | C | I |
| R | O | B | O | O | E | F | H | L |
| E | T | G | L | E | B | E | E | T |
| A | T | L | N | D | L | T | D | O |
| M | A | A | G | A | U | A | D | N |
| H | P | A | R | M | E | S | A | N |
| C | A | M | E | M | B | E | R | T |

BLUE
BRIE
CAMEMBERT
CHEDDAR
CREAM
EDAM
FETA
GOUDA
HALLOUMI
JARLSBERG
PANEER
PARMESAN
RICOTTA
STILTON
URDA

## Puzzle solutions

### CROSSWORD

| | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| I | N | S | O | L | E | | C | L | U | E | L | E | S | S |
| L | | I | | E | | C | | A | | M | | R | | P |
| L | O | N | G | A | G | O | | S | U | P | P | O | S | E |
| F | | G | | N | | M | | T | | L | | D | | E |
| A | D | A | M | | H | E | A | D | T | O | H | E | A | D |
| T | | P | | M | | R | | U | | Y | | | | Y |
| E | X | O | T | I | C | | D | E | N | M | A | R | K | |
| D | | R | | D | | S | | L | | E | | A | | A |
| | H | E | A | L | T | H | Y | | A | N | O | D | E | S |
| O | | | | O | | R | | S | | T | | I | | S |
| W | R | I | S | T | W | A | T | C | H | | F | A | T | E |
| L | | C | | H | | P | | O | | M | | T | | S |
| E | D | I | T | I | O | N | | T | E | A | P | O | T | S |
| T | | E | | A | | E | | T | | T | | R | | E |
| S | P | R | I | N | K | L | E | | S | T | A | S | I | S |

### CLUES & ARROWS

| | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|
| | D | | P | | A | | D | | B | |
| S | U | R | E | | D | R | A | G | O | N |
| | L | | A | | D | | T | | W | |
| C | L | O | C | K | | H | A | B | I | T |
| | | W | H | I | T | E | | R | E | Y |
| D | Y | E | | N | | L | | A | | P |
| | | | V | | B | E | E | T | L | E |
| S | P | L | I | T | E | N | D | | E | |
| | L | I | E | | A | | I | C | O | N |
| S | O | U | T | H | G | A | T | E | | E |
| | U | | N | I | L | | S | A | G | S |
| | G | | A | R | E | S | | S | A | T |
| C | H | I | M | E | S | | N | E | S | S |

### SUDOKU

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 4 | 1 | 9 | 8 | 6 | 5 | 7 | 3 | 2 |
| 6 | 3 | 5 | 2 | 9 | 7 | 1 | 8 | 4 |
| 7 | 8 | 2 | 4 | 1 | 3 | 9 | 6 | 5 |
| 5 | 7 | 6 | 1 | 2 | 9 | 8 | 4 | 3 |
| 1 | 9 | 8 | 5 | 3 | 4 | 2 | 7 | 6 |
| 2 | 4 | 3 | 7 | 8 | 6 | 5 | 9 | 1 |
| 8 | 2 | 4 | 6 | 7 | 1 | 3 | 5 | 9 |
| 3 | 5 | 1 | 9 | 4 | 8 | 6 | 2 | 7 |
| 9 | 6 | 7 | 3 | 5 | 2 | 4 | 1 | 8 |

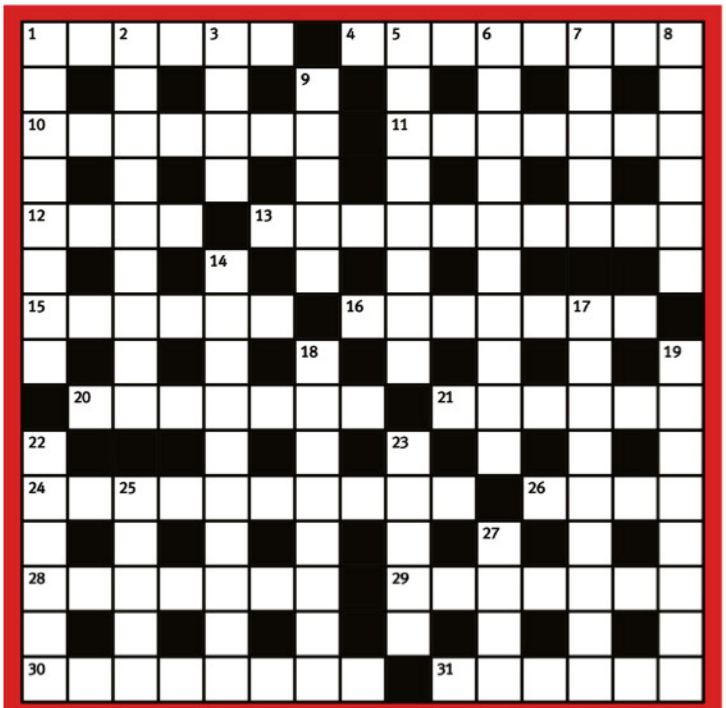
### WORDSEARCH

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| U | R | D | A | Z | E | A | I | S |
| W | I | O | E | I | D | M | I | T |
| C | C | K | R | U | U | R | C | I |
| R | O | B | O | O | E | F | H | L |
| E | T | G | L | E | B | E | E | T |
| A | T | L | N | D | L | T | D | O |
| M | A | A | G | A | U | A | D | N |
| H | P | A | R | M | E | S | A | N |
| C | A | M | E | M | B | E | R | T |

Answer: JARLSBERG

**WORDWISE** Akin, cackling, caking, calk, calking, cark, carking, clack, clacking, clank, click, clink, crack, cracking, crank, crick, kiang, kiln, king, lack, lacking, lank, lark, larking, lick, link, nark, nick, rack, racking, raking, rank, rick, rink.

Answer: CRACKLING



# CROSSWORD

## ACROSS

1 Inner lining of a shoe (6)
4 Helpless or stupid (8)
10 In days of yore (4,3)
11 Presume to be true (7)
12 _ Driver, *Marriage Story* actor (4)
13 In direct competition (4-2-4)
15 Originating in a distant place (6)
16 European country (7)
20 Fit and strong (7)
21 Negative terminals of batteries (6)
24 Timepiece (10)
26 Destiny (4)
28 Issue (7)
29 Brewing vessels (7)
30 Scatter in tiny drops over (8)
31 State of inactivity (6)

## DOWN

1 Doomed or unlucky (3-5)
2 Country in Asia (9)
3 Lacking fat (4)
5 *The* _, 2021 historical drama film directed by 23 Down and starring 12 Across, 9 Down and 27 Down (4,4)
6 State of having paid work (10)
7 Wear away (5)
8 Quick (6)
9 Jodie _, *Killing Eve* star (5)
14 Scottish council area (10)
17 Heating devices (9)
18 Shell fragments (8)
19 Evaluates (8)
22 Fledgling birds (6)
23 Ridley _, director of *Blade Runner* and *Gladiator* (5)
25 More frosty (5)
27 _ Damon, *The Talented Mr. Ripley* actor (4)

## Wordwise

| | | |
|---|---|---|
| G | I | N |
| A | K | R |
| C | C | L |

You have 15 minutes to find as many words as possible using the letters in the grid. Each word must contain four or more letters, one of which must be the central square. No proper nouns, plurals or foreign words are allowed. There is one nine-letter word in the grid, for which the clue is: **Sputtering, hissing.**

**Average = 15, more than 25 = well done**

7-13 March 2023

# *Your STARS*

**ASK ALEXA 'WHAT IS MY HOROSCOPE TODAY?'**

**Discover your destiny with Sally Morgan, our expert astrologer**

## ARIES
**21 Mar – 20 Apr**
Make quality sleep a priority and give your conscious mind a break. Be sure to turn off your mobile and emails before bed.

## TAURUS
**21 Apr – 20 May**
You might be debating other-worldly aspects during this week's alignments. Dowsing with a pendulum may appeal.

## GEMINI
**21 May – 20 Jun**
You may be looking for a new cycle route. Try hiring a bike to test out before investing in a brand new one.

## CANCER
**21 Jun – 22 Jul**
You're deep in thought about a more peaceful world as the Moon moves towards Aries. You can make positive changes!

## LEO
**23 Jul – 22 Aug**
It's time to work on yourself. If your energy levels are low, try a new healthy eating regime to help boost your mood.

## VIRGO
**23 Aug – 22 Sep**
Talking is the way to win someone over. An empathic soul, those close to you know exactly how to encourage and inspire you.

## LIBRA
**23 Sep – 23 Oct**
Your creativity is manifesting itself, as your artistic endeavours are coming to fruition. Make time for your loved ones.

## SCORPIO
**24 Oct – 22 Nov**
Be grateful for those who love you, and embrace every moment each day brings. Celebrate a milestone in your life.

## SAGITTARIUS
**23 Nov – 22 Dec**
As your ruling planet Jupiter is in direct motion, organise a fun day out with friends, but also take time out for yourself.

## CAPRICORN
**23 Dec – 20 Jan**
Try to put as much affection out into the world as you can this week. When you feel love, let everyone know it!

## AQUARIUS
**21 Jan – 19 Feb**
Something from the past is causing you concern. Tackle it head on, stating your case concisely, then you will come out on top.

## PISCES
**20 Feb – 20 Mar**
This week marks the start of your most important friendships, as they help make your ideas come to fruition.

# Puzzle BREAK 2

## HALF & HALF

What does the R stand for in the name of the UK government agency the RAIB? Cross out a letter in each square to get a grid filled with words. The uncrossed out letters in the shaded squares will complete the puzzle answer.

| | | | | |
|---|---|---|---|---|
| A / F | R / L | T / E | A / E | S / D |
| R / T | ■ | A / T | ■ | F / Y |
| L / T | U / I | G / R | E / H | R / T |
| X / I | ■ | O / L | ■ | U / C |
| C / S | R / H | E / T | S / A | S / P |

## Sudoku

To solve the puzzle, each 3 x 3 box, each row and each column must contain the numbers 1 to 9.

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| | | 9 | 7 | | | 1 | | |
| | | | 9 | 5 | | | 4 | |
| 4 | | 3 | | 6 | | | | 7 |
| 9 | 2 | | 5 | | 6 | | | |
| | 4 | 5 | | | | 6 | 8 | |
| | | | 3 | | 4 | | 1 | 2 |
| 5 | | | | 1 | | 8 | | 6 |
| | 6 | | | 7 | 5 | | | |
| | | 4 | | | 8 | 2 | | |

## Bitesize

Fit the words into the grid, using the clues given across and down. The shaded squares spell out the answer.

| | | | |
|---|---|---|---|
| 1 | 2 | 3 | 4 |
| 5 | | | |
| 6 | | | |
| 7 | | | |

**ACROSS**

1 This place (4)
5 Opera song (4)
6 Highland dress item (4)
7 Top cards (4)

**DOWN**

1 Maori war dance (4)
2 Mr Cantona, ex-footballer (4)
3 Irritate (4)
4 Chews and swallows (4)

## Puzzle solutions

**HALF & HALF**

| | | | | |
|---|---|---|---|---|
| A | R | E | A | S |
| T | ■ | A | ■ | Y |
| T | I | G | E | R |
| I | ■ | L | ■ | U |
| C | H | E | A | P |

Answer: Rail

**CROSSFIT**

| | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| O | V | A | L | | A | I | R | | O | B | O | E |
| A | | | | | S | | E | | | R | | |
| T | H | R | A | S | H | | B | R | E | A | K | |
| H | | E | | U | | | I | | | K | | S |
| | | C | | B | | | R | E | P | E | A | T |
| F | R | A | G | M | E | N | T | | R | | | A |
| I | | L | | I | | | H | E | A | D | E | R |
| S | A | L | U | T | E | S | | | N | | | F |
| H | | | | S | | | B | I | K | I | N | I |
| P | | | | | P | | R | | | C | | S |
| O | A | T | | B | O | R | E | | B | O | T | H |
| N | | | O | | K | | A | | | N | | |
| D | O | C | U | M | E | N | T | | A | I | M | |
| | | | T | | R | | H | | | C | | |

Answer: Balance

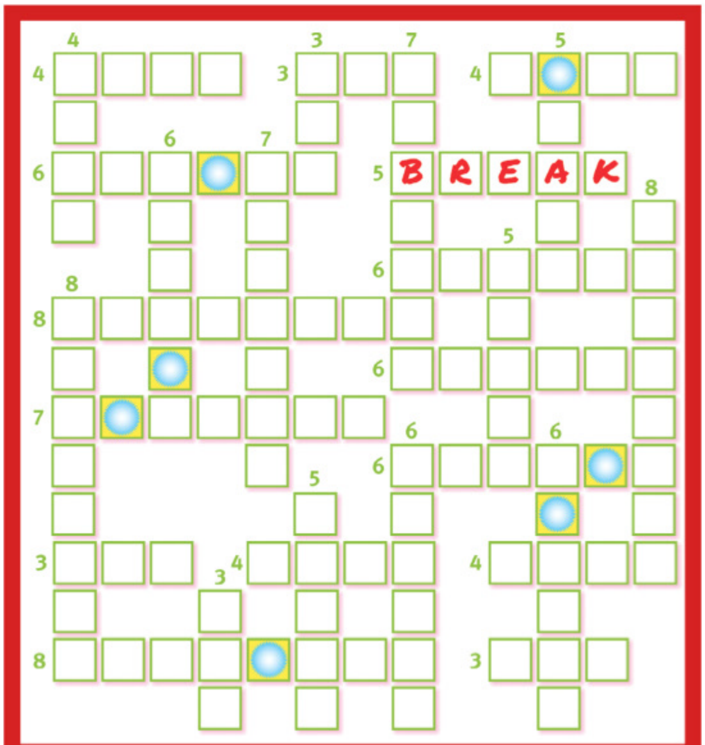
**SUDOKU**

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 8 | 9 | 7 | 4 | 3 | 1 | 6 | 5 |
| 6 | 1 | 7 | 9 | 5 | 2 | 3 | 4 | 8 |
| 4 | 5 | 3 | 8 | 6 | 1 | 9 | 2 | 7 |
| 9 | 2 | 1 | 5 | 8 | 6 | 7 | 3 | 4 |
| 3 | 4 | 5 | 1 | 2 | 7 | 6 | 8 | 9 |
| 8 | 7 | 6 | 3 | 9 | 4 | 5 | 1 | 2 |
| 5 | 3 | 2 | 4 | 1 | 9 | 8 | 7 | 6 |
| 1 | 6 | 8 | 2 | 7 | 5 | 4 | 9 | 3 |
| 7 | 9 | 4 | 6 | 3 | 8 | 2 | 5 | 1 |

**BITESIZE**

| | | | |
|---|---|---|---|
| H | E | R | E |
| A | R | I | A |
| K | I | L | T |
| A | C | E | S |

Answer: Rake



# CROSSFIT

Fill in the grid using the words listed here. The highlighted letters will spell out the answer.

**3 LETTERS**
Aim
Air
Ash
Oat
Out

**4 LETTERS**
Bore
Both
Oath
Oboe
Oval

**5 LETTERS**
Brake
~~Break~~
Poker
Prank

**6 LETTERS**
Bikini
Breath
Header
Iconic
Recall
Repeat
Thrash

**7 LETTERS**
Rebirth
Salutes
Submits

**8 LETTERS**
Document
Fishpond
Fragment

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# This week's HOT LIST

## Things we're loving – and you will, too!

### Film

**CHAMPIONS**

**In cinemas 10 March**

Woody Harrelson stars as a disgraced basketball coach whose community service order leads him to coaching a group of amateurs with learning disabilities. Will the grump learn some new tricks from his students? A feel-good comedy with heart-warming underdog dynamics.

### Music

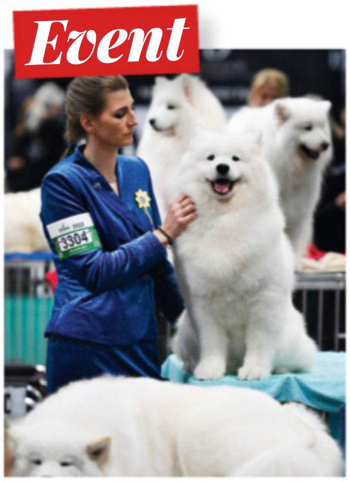
VAN MORRISON
MOVING ON SKIFFLE

**VAN MORRISON**

***Moving on Skiffle* (Virgin UK), out 10 March**

It's been over five decades since he released *Brown Eyed Girl*, and now Sir Van Morrison is back with a new release. The 23-track album sees the singer revisit his love for skiffle, with renditions of timeless songs such as *Gypsy Davy* and *Freight Train* – though do expect the star to add his own twists.

### Event



**CRUFTS**

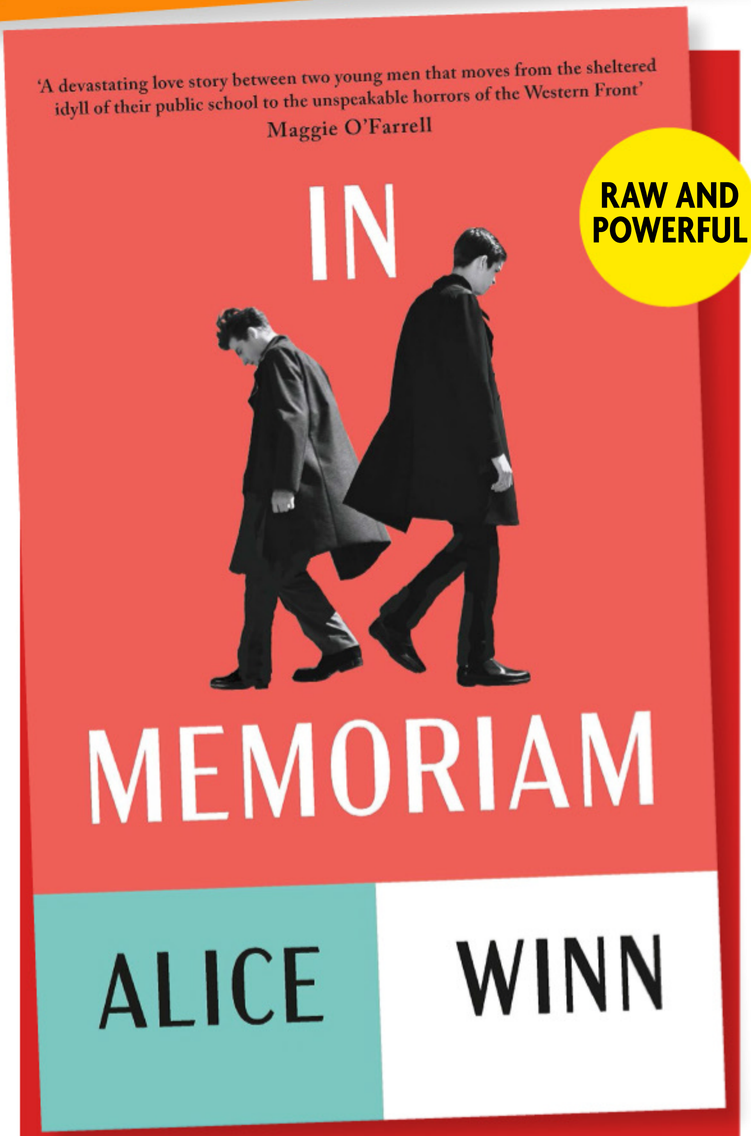
**9-12 Mar, NEC Birmingham; tickets from £14 (children aged eight and under, free)**

The world's biggest annual dog show returns for its 133rd year. From best in show to agility and obedience, awe-inspiring pooches will compete to be named top dog. The perfect day out for those who love their canine companions.

WORDS: ARIANA LONGSON. PHOTO: SHUTTERSTOCK

# Woman's Own Book CLUB

## Take some time out to relax with one of these great reads...


'A devastating love story between two young men that moves from the sheltered idyll of their public school to the unspeakable horrors of the Western Front'
Maggie O'Farrell
IN MEMORIAM
ALICE WINN

**RAW AND POWERFUL**

### IN MEMORIAM

**by Alice Winn (£14.99, HB, Penguin Books)**

It's 1914, England. Henry Gaunt and Sidney Ellwood are in love, but neither of them dares to admit it. The war feels worlds away from their boarding school in the tranquil countryside, where the boys spend days reading poetry and discussing the ancient Greeks. But as the shadow of war looms, Gaunt's German heritage means he must enlist in the British Army to prove his family's loyalty. Secretly relieved to escape his all-consuming infatuation with Ellwood, Gaunt heads for the battlefield. Ellwood joins him and the pair are caught up in the maelstrom of the trenches, finding solace only in one another.

WORDS: ANNABEL KEMP

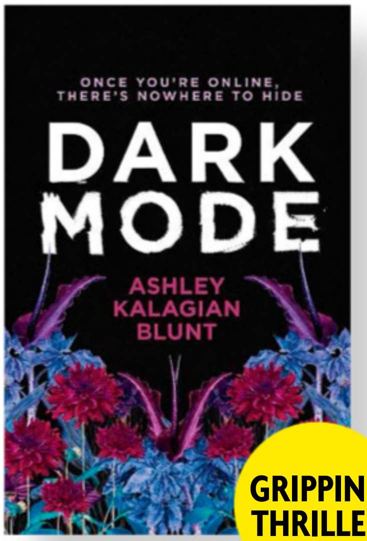
### A YEAR FULL OF VEG

**by Sarah Raven (£27, HB, Bloomsbury)**

Enjoy fresh, seasonal vegetables throughout the year with this month-by-month guide from gardening guru Sarah Raven. Inside you'll find expert tips on the best techniques for growing bountiful crops that are packed full of nutrients. Drawing on years of experience as a professional gardener, Raven shares advice on the most reliable varieties of vegetables, salads and herbs which you can't always find on the supermarket shelves. A delicious and inspiring read.

**NON-FICTION**

A Year Full of Veg
A harvest for all seasons
Sarah Raven
Photographs by Jonathan Buckley
BLOOMSBURY


ONCE YOU'RE ONLINE, THERE'S NOWHERE TO HIDE
DARK MODE
ASHLEY KALAGIAN BLUNT

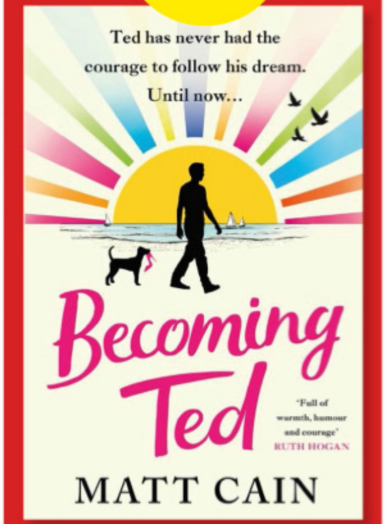
### DARK MODE

**by Ashley Kalagian Blunt (£16.99, HB, Ultimo Press)**

Reagan Carsen, a garden shop owner from Sydney, has every reason to keep her life offline. She's anonymous, meaning she's safe. But monsters are lurking in plain sight. When Reagan stumbles across a murder scene, she is shocked to discover that the victim looks exactly like her. This explosive tale about the horrors of the dark web leaves you breathless.

**GRIPPING THRILLER**

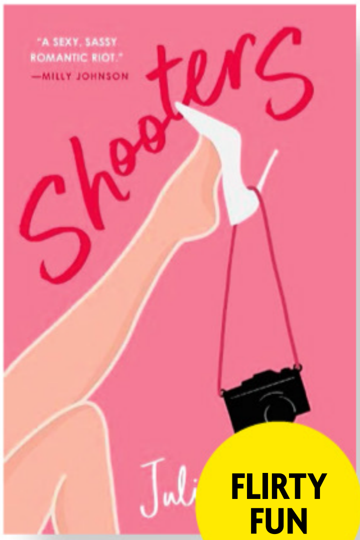
DID YOU MISS?


Ted has never had the courage to follow his dream. Until now…
Becoming Ted
'Full of warmth, humour and courage' RUTH HOGAN
MATT CAIN

## BECOMING TED

**by Matt Cain (£16.99, HB, Headline)**

Ted's life is decidedly vanilla. Working for his family's ice cream business in a quiet Lancashire seaside town, he keeps his true passion a secret. Things are ticking along just fine – until his husband of 20 years up and leaves. Ted's world is turned upside down, but it might just be the push he needs to pursue his dreams. A glittering, joyful novel about friendship, courage and beautiful new beginnings.


"A SEXY, SASSY ROMANTIC RIOT." —MILLY JOHNSON
Shooters
Juli

FLIRTY FUN

## SHOOTERS

**by Julia Boggio (£12.99, PB, Home By Midnight Publishing)**

Aspiring wedding photographer Stella has her eyes on the prize. To advance in her career, she needs to learn from the best. That means Connor Knight, a talented yet arrogant wedding shooter. On a photography course in a French chateau, tension simmers between Stella and Connor. But can they learn from their mistakes and see the bigger picture before it's too late? A red-hot, sizzling romance.

Woman's Own travel offers

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5 days Full Board from £949pp
£50pp DEPOSIT
Over 40s only

**ITINERARY:** Mapledurham > Goring on Thames > Wallingford > Caversham > Sonning > Henley on Thames > Mapledurham

**Departures April to October 2023 - self drive to embarkation point in Mapledurham**

**ITINERARY:** Mapledurham > Goring on Thames > Wallingford > Caversham > Sonning > Henley on Thames > Mapledurham

**INCLUDED:** Four nights' full-board cruise aboard African Queen in a twin, double or single en-suite cabin
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- Henley Quided walking tour and Mapledurham estate visit
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# 'PADDY AND I WILL ALWAYS BE FAMILY'

**Woman's Own EXCLUSIVE INTERVIEW**

## Christine McGuinness talks about co-parenting her three children after separating from her husband

**It's been a tough eight months for Christine McGuinness, with the star revealing last July that she was separating from her husband of 11 years, Paddy McGuinness. As *Woman's Own* catches up with the 34-year-old, she is celebrating the launch of her first children's book – *Amazing Me, Amazing You*. She tells us that she's doing well and determined to concentrate on her three children – twins Penelope and Leo, nine, and Felicity, six – who she shares with the *Top Gear* presenter.**

'I'm doing OK. I'm keeping busy,' Christine explains, adding, 'I just want to focus on the children. We both do. We both just want the children to grow up in a really happy family. That's what we are, no matter what. Although we're separated as a couple, we are always going to be family. We get on really well. The children don't know any different and they're growing up in a happy and loving home – I just want it to continue like that.'

Christine and Paddy were married for more than a decade

For now, despite their split, Christine and Paddy, 49, have both remained living in the same Cheshire house where they've been raising their brood. At the moment, it's working. As Christine explains, 'We don't know what the future holds and how long that's going to work for, but right now it works. The thought of eventually co-parenting in separate houses is something I'm going to really struggle with. But if I try and look on the plus side, at least I know when they are with Daddy, it gives me a little bit of freedom to do things I want to do.'

And while she's enjoying some time to herself, Christine says that for now she's quite happy to stay single, admitting that falling in love again is not on the cards. 'I don't think I can think of anything worse right now,' she laughs. 'That might sound like I'm really cold and cut off from it, but right now, I just want to be with my children and work. I'm loving my life. It would be amazing to be in love again, but it's just not on my radar.' However, the star does add that she'd never say never, explaining, 'I was with Patrick for 15 years, so we'll just see what happens… but I'm certainly not looking.'

**'IT WOULD BE AMAZING TO BE IN LOVE AGAIN'**

### STAYING BUSY

There's no doubt that Christine has plenty on her plate to keep her busy at the moment. The star, who has often spoken about raising three children with autism, has just launched her first children's book. 'I want children like mine, autistic children or children with additional needs, to feel included,' she explains. 'To feel represented in a children's book, because there's not many of them out there. I made sure it wasn't just one character in the book that was autistic, because I wanted to show how diverse it is, how different each and every child is on the spectrum – they don't all have the same signs and symptoms. But I've done it in a very child-friendly way. It's not too heavy.'

WORDS: ANNA MATHESON. PHOTOS: INSTAGRAM @MRSMCGUINNESS, GETTY, KEN MCKAY/ITV/SHUTTERSTOCK

The star's kids inspired her to write a book

Autism is something Christine is asked about a lot. While she has worked on a documentary in the past about raising her family with Paddy, she has now filmed her own documentary for the BBC, *Christine McGuinness: Unmasking My Autism*, about women and girls with the condition, and her own experiences after she was recently diagnosed with autism and ADHD. The star doesn't see this as a negative thing, saying, 'It's something I'm fine with, it's all part of me. I know some people don't like to have labels – especially when it comes to having children diagnosed – but for me, it's been a really, really positive thing.'

## FUTURE PLANS

Ultimately, through her book and documentary, Christine's goal is to try and educate where she can. When it comes to the future, she has some big goals; she'd like to write more books and make more documentaries. But she'd also like to take her children abroad. 'It hasn't happened for a few years, but this year I'm really keen to do it, even if it's just a short trip,' she explains. 'I managed to take them to Center Parcs twice last year. It was a lot for them and there was a lot of sensory overload going on, but the majority of the time they were really happy, so the next step is trying to get them on a plane – a short flight to somewhere in Europe.'

Christine McGuinness
AMAZING ME AMAZING YOU
Illustrated by Hannah Jayne Lewin

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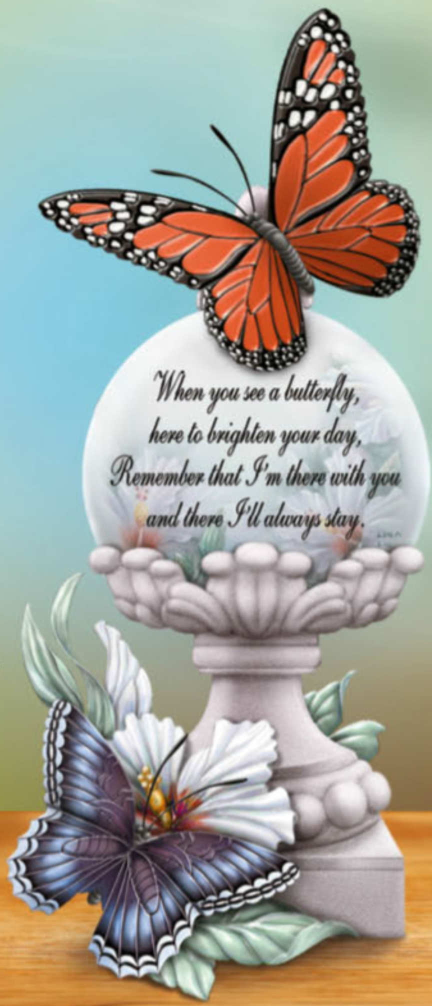
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# Your TV PICKS

Because life's too short for bad telly!

Old hands: Baasit, Umar and dad Sid

## The Siddiquis

# 'WE THOUGHT IT WOULD DIE A DEATH!'

**The *Gogglebox* favourites on 10 years of the hit show...**

There was a time when the idea of watching people watching television would have been laughed at, but it's a concept that has formed the basis of one of C4's most successful shows, which celebrates 10 years since it first aired on 7 March 2013.

To mark the occasion, the channel is airing a 90-minute special featuring some of its most memorable moments.

As well as giving viewers a chance to revisit some of the TV that we've watched in the last decade, it features incisive comments from *Gogglebox*'s armchair critics, from old favourites such as Kent hoteliers Steph and Dom and Liverpool pensioners Leon and June to present-day pundits, including Blackpool siblings Pete and Sophie, and the Siddiquis from Derby, who've been on the show from the beginning...

'Our initial thoughts were that it was an interesting idea, but it would probably die a death,' says dad Sid, who appears on the show with his sons Umar, Baasit and Raza. 'We did the first four episodes and almost forgot about it, but then we did the second series and it really took off from there.'

**'IT WAS AN INTERESTING IDEA'**

'There's nothing more natural than sitting watching TV with your family,' adds Umar. 'For people who aren't performers or actors, it was like we'd found a niche for our humour and people seem to like us for that!'

✣ ***Gogglebox Ten Year Anniversary Special* is on C4**

WORDS: MICHAEL DARLING. PHOTOS: ALAMY, C4, GETTY, ITV, PARAMOUNT+, SKY

Fan favourites: Steph and Dom, and (below) the late June and Leon

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Woman's Own
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## Soap moment of the week

### EMMERDALE

**Leyla's plan to get Callum off her back has backfired because he's as free as a bird and out for revenge. As Leyla worries that Callum will come after Jacob, Suzy comes up with her own plan to take down the villain but ends up in hospital after**

## You liked...

**HANNIBAL, SKY LIVING**

In common with the 1991 film *The Silence of the Lambs*, this series featured serial killer Hannibal Lecter (Mads Mikkelsen), focusing on his relationship with FBI profiler Will Graham (Hugh Dancy). Gillian Anderson also starred.

## Now try...

***FATAL ATTRACTION*, PARAMOUNT+**

The 1987 film is reimagined with Joshua Jackson and Lizzy Caplan in roles made famous by Michael Douglas and Glenn Close. The series follows spurned Alex Forrest, who refuses to let go after an affair with a married man.

## BACK TO THE 80S!

***A TOWN CALLED MALICE*, SKY MAX**

There's a stonking 1980s soundtrack in this eight-part drama, which follows a South London crime family whose gangland glory days are well behind them. When youngest son Gene (Jack Rowan) and his fiancée Cindy (Tahirah Sharif) are forced to flee to Spain's Costa del Sol, the clan hope it will give them the perfect opportunity to reinvent themselves and get back on top, but things don't go to plan when they spend as much time battling each other as they do their opponents...

Captive: Leyla is menaced by Callum

he attacks her with a brick. With Callum still at large and Suzy worried that he will come back to finish the job, Leyla takes matters into her own hands by arranging to meet up with the drug dealer – but ends up being bound, gagged and kidnapped by him! What is Callum planning to do?

# Richard Arnold's WEEK IN SHOWBIZ

## SPICING UP HER LIFE

The stunning Rita Wilson blew into London and tore up our own BAFTA red carpet, reunited with me in the flesh after we chatted about her latest album *Now and Forever: Duets* over Zoom recently – and Rita tells me she's priming her pipes for a new collaboration after presenting alongside Geri Horner at the awards. She said, 'I'm going to try to get her to do something with me. We're going to call ourselves the "Spicey Girls" – a whole new thing.'

## GOING, GOING, GONG!

With 11 nominations, the sci-fi flick *Everything Everywhere All at Once* is expected to win big at this weekend's Oscars. And star and nominee Jamie Lee Curtis is having a ball this awards season, 'It's the entertainment business. If we're not having fun then we are in terrible shape as a society' she tells me. As for the best supporting actress nod: 'Honestly, the most surprising moment for me. By the way, I'm not going to win but I don't care. Being a nominee is the win. At 64, to have that happen, it's wonderful!'

## DOOMED TO SUCCEED?

What a joy to meet Jamie's co-star and fellow Oscar nominee Ke Huy Quan (famous from my childhood favourite *Indiana Jones and the Temple of Doom*), who tells me he had the time of his life at the recent Oscars luncheon. He explained, 'It was amazing. Here's the thing, I am so grateful to Steven Spielberg, Harrison Ford and George Lucas for casting me in *Indiana Jones*, it's one of the reasons I love acting so much. I can't believe that after a more than 20-year hiatus, I'm back in front of the camera again!'

Ke with Harrison in his film debut

Gemma with her son Stanley and Dawnay the dog

Stanley now has a more independent life, thanks to his furry friend

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# THE DOG THAT CHANGED OUR LIVES

## When Gemma Nutton's son was diagnosed with autism, a helping paw was on its way

**Approaching a road, my son Stanley, then three, lurched forward. Luckily, he was wearing his adventure belt which linked him by a long cord to me. 'Stanley, wait!' I said, holding him back from running into the oncoming traffic. It was June 2019, and he had no sense of danger. Battling to keep him safe was a daily struggle and it was getting harder.**

When Stanley was born in April 2016, my husband Alan and I soon noticed he was developing a lot slower compared to his older sister Eva, then three. By the time Stanley was two, he was only just walking, and didn't speak a word.

When we were told he had autism, neither of us were surprised. Having both previously been support workers for adults with autism, we had recognised some signs – such as his fascination with bright lights and lack of eye contact. But now, faced with an official diagnosis, I couldn't help feeling anxious as I worried that life would be tougher for Stanley, and he'd never have any independence.

The bigger he grew, the more energy he had. Out in public, he'd shout and squeal. Trying to calm him down in the supermarket, I could feel the other parents' judgemental stares boring into me. I'd carry him kicking and screaming out of the store, praying he'd settle down.

### WAITING FOR NEWS

Constantly trying to keep Stanley calm and safe was taking its toll on our family. It was stopping us from going on days out or on holidays, like other families did, and I felt guilty that Eva was missing out on the same experiences as her friends.

Alan and I searched online for solutions. We came across Support Dogs – a charity dedicated to training dogs to help those with disabilities, including autism. 'This is just what Stanley needs,' I beamed at Alan.

> 'THEY'VE FOUND A MATCH'

He would need to be three to be eligible so I set a reminder on the calendar on my phone, and on his third birthday, I sent off our application.

Over the next couple of months, we went through a rigorous assessment regarding Stanley's needs, and met several dogs to see how he would react. In August 2021, we got the news we'd been waiting for. 'They've found a match for Stanley,' I gasped, opening my emails.

That September, we brought our gorgeous Labrador, Dawnay, home. Wagging her tail, she went straight to Stanley for a cuddle. 'Hello Dawnay!' he smiled.

Stanley had to do dog-attachment training, to make sure he could hold onto her harness, and to my surprise, he took to it immediately, gripping on and carefully walking side by side with her.

### ONE OF THE FAMILY

Dawnay stopped Stanley running out into the road, and could sense when he was distressed and soothed him by resting her head on his lap for a snuggle. She'd even help him with everyday tasks, like taking off his socks, or fetching his toothbrush.

After a short amount of time with Dawnay, the transformation in Stanley was incredible. We even managed to go away on a family holiday to Mablethorpe, in Lincolnshire, last June. Running about on the sand with Dawnay, it was amazing to see Stanley so happy and comfortable.

Now, Dawnay is firmly part of our family, along with our newest addition – Stanley and Eva's little sister Rosa, who's six months old. Dawnay is helping Stanley have a more independent life and I really don't know where we'd be without our four-legged helper.

**✣ To find out more about Support Dogs or to make a donation, visit supportdogs.org.uk**

WORDS: VERONIQUE HAWKSWORTH

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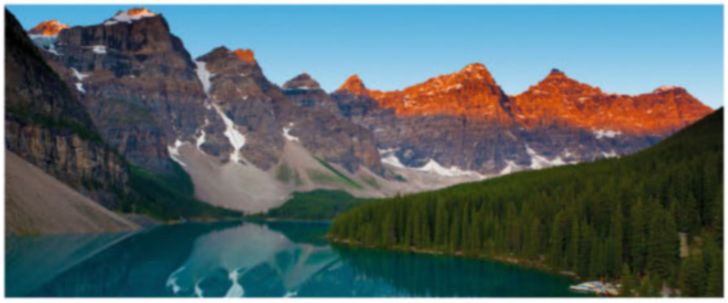

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